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(HYGIENE.)

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Dr. Walter R. Swartz
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THE NUTRITIVE CURE

A Statement of Its Principles and Methods

By ROBERT WALTER, M.D.,

EDITOR OF "THE LAWS OF HEALTH," AUTHOR OF VARIOUS HEALTH TREATISES, ETC., ETC.

WITH INTRODUCTION BY REV. JOEL SWARTZ, D.D.



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INTRODUCTION.

It has been said, "Where the doctors disagree; the disciples are at liberty." According to this maxim, the disciples in the medical schools have no reason to complain of any want of liberty in regard to questions of medical science and practice. The differences between the various schools of medicine are so wide, and the points involved are so fundamental, that one may only too sadly complain of a very license of opinion which the above maxim allows. It were, indeed, a most desirable thing to be shut up by immovable barriers of demonstration to narrower limits of speculation and experiment. It were a thing most devoutly to be wished that medical science had attained, in the process of all its painstaking and commendable elaborations, some results so clear and indisputable as to compel all who honestly and candidly seek the truth to accept certain fundamental principles, or, rejecting them, to be self-convicted of folly or knavery. But with the profoundest respect for the medical profession, and a disposition to honor and applaud every physician who honestly exercises the duties of his high calling, still one cannot look with admiration upon the science of medicine, either as it is inculcated in the works of eminent

authors, or as it is illustrated in the prevailing practice. For what is more conflicting than the conclusions of eminent medical writers as to the nature and causes of disease and the remedies proposed for their cure? And this is true not only of those of different schools, but those of the same school. It is the reproach and derision of medical authorities that they can be quoted on all sides of every great practical issue of their art. They alternately commend and condemn the most widely known and commonly used remedies, in regard to the same diseases, and under the same circumstances, and there is not a poison or nostrum, or process or compound which cannot exhibit the approving signature of some illustrious teacher or practitioner, as a valuable curative of disease, if not of all diseases.

It does not require that one shall be very old to remember that former methods and means employed by the doctors in the cure of disease are now wholly discarded and utterly repudiated by those of the same school, as unprofessional if not wholly absurd and barbarous. Instances of this need not be given, as there are many survivors of the former practice; and this may be stated as either a compliment to the profession or in praise of the wonderful vitality of the patients of a former day, who bear in their bodies, in the shape of scars and gashes from lancet, cuppings, leeches, etc., the marks and evidences of certain "heroic" practices once the chief reliance of the doctors. Some can still remember what deserts of burning thirst they travelled through, with "water, water everywhere, and not a drop to drink," because the doctor said it would be certain death to let the famishing patient have even a sip of the life-giving beverage. What doctor would jeopard his reputation to-day by readopting the practice very common a score or more years ago? If these great revolutions of the past and these contradictions of the present are taken together, they constitute a ground of grave suspicion on the part of unprejudiced and non-partisan readers and observers that the whole subject of medicine is enveloped in mystery and uncertainty, and that it is the part of wisdom to have as little to do as possible with the powerful and doubtful remedies of the profession.

The writer having, in his earlier years, "suffered many things at the hands of the physicians, and was nothing better, but rather grew worse" (Mark 5 : 26), has concluded, too tardily and after too many hesitations in his own case, to trust nature in the future, and the agencies she employs for recovery to health in case of disease.


Having been the head of a family for twenty-five years, not exempted during this period from the common ailments of life, he is, notwithstanding, able to say that its members have not in all the above period taken a dime's worth of any medicinal drug, and that neither whiskey nor tea or

coffee has found any place in their dietary or *Materia Medica*. He has, however, made much use of the methods of the nutritive cure, and had a sound faith in such of its principles as he understood, without, however, having very fully comprehended the logical connection of its parts, and the philosophical and rational grounds upon which it rests, or the processes by which its fundamental truths are demonstrated. He rejoices, therefore, to find, and heartily to be able to commend to all, both to the afflicted as a means of getting well and to the healthy as a means of keeping well, the following thoroughly consistent and convincing volume on the subject of health and disease. To Dr. Robert Walter is due the merit of having wrought out a clear and comprehensive conception of fundamental principles, and their elaboration into a harmonious and connected system, thus attaining a scientific basis for what he, with philosophical propriety, calls the *nutritive cure*. Instead of adding one other to the already too numerous and conflicting theories of health and disease, and bringing forward another new empirical attempt to cure the afflicted, he has attained a new exposition of principles, and consequently a new method of treatment, which logically harmonizes with what is known to be true in all other systems, and which discards the false and merely hypothetical; thus laying a foundation upon which medical science may rear a harmonious and enduring structure, which shall no longer be the reproach of its builders, a very Babel of conflicting speech and learned confusion.

If the Doctor's style is sometimes felt to be rugged, and perhaps severe, it should be remembered that this is the usual method with men profoundly convinced and deeply in earnest, and who have some great truth to announce and some grave and dangerous errors to combat. Those who forget this are always offended at the plain and unsparing utterances of some bold reformer. Luther has many times been censured for the coarse and harsh terms in which he spoke and wrote, and justly, no doubt; but those who rightly estimate his work look upon this as quite a venial offence. Let the reader endeavor to comprehend the clear, strong sense of Doctor Walter, and understand the great value of his principles and methods, and he will take little time to criticise his rugged and forcible rhetoric. A score of years of patient study and careful research, in connection with an extensive and wonderfully successful practice, give him a right to speak with confidence, especially since his claims and pretensions are supported by hundreds of willing and joyful witnesses, who after having fully tried other remedies, ascribe to Dr. Walter and his methods their restoration to health.

JOEL SWARTZ.





THE NUTRITIVE CURE.

CHAPTER I.

GENERAL CONSIDERATIONS.

It was Lord Bacon, we believe, who said, "No man knows or can know more than the facts of his experience teach him." It is further evident from the Baconian philosophy that facts are only the alphabet of science. As the alphabet must be formed into words, and the words arranged into sentences, before we can have rational discourse, so must the facts of experience be aggregated and generalized into principles, and these be formed into systems, before we can have comprehensive, reliable, and essential truth. The first requisite of scientific knowledge is a certainty of the facts. Sir William Hamilton has said, "There is no more fruitful source of error than the allegation of false facts in reasoning"—that is, fiction is mistaken for fact, and upon this shadowy foundation are reared, often with most elaborate skill, the splendid structures of the imagination, assuming variously the shapes of philosophies, theologies, science "falsely so called," schools, sects, arts, which, like magnificent frostwork or pin-nacled icebergs, excite admiration and attract multitudes, who are ready to swear that these are eternal verities. But in those revolutions which attend all human affairs, and change the atmosphere of thought, these splendid delusions pass away like the "baseless fabric of a dream, nor leave a wreck behind."

Having attained a knowledge of the facts, the next essential is a knowledge of the co-ordinating principle which determines the true scientific arrangement. If the facts of experience are not classified and arranged in proper order, but are disposed only by accidental resemblances, or according to some preconceived notion of how they ought to be connected, a science is impossible, and a true interpretation of the facts unattainable. An army without military order is justly denominated a mob; and the difficulty of managing it, and the certainty of defeat in an engagement, are exactly proportioned to the number of its individuals. Similarly does the multitude of facts which experience may collect encumber and confound all attempts at rational explication, if not duly and scientifically classified and systematized. Now we feel warranted in saying that it is at once the glory and the reproach of medical science that it has accumulated innumerable isolated and disjointed facts, which, though highly com-

plimentary to the industry and perseverance of those of who have labored in this field, are, from want of logical disposition and scientific coherence, a labyrinth of confusion out of which the inquisitive mind has thus far been unable to find an escape ; and until some one shall furnish the Ariadnean thread which shall lead to the light of the co-ordinating principle, men shall continue to grope amid the facts of experience, all the more hopelessly because of their multitude and seeming contradictions. That medical science, with all its accumulations of facts, is thus involved in doubt, uncertainty, and confusion, rests not simply upon the assertion of the writer, who has long since learned to distrust its pretensions, but is proven by the emphatic and despondent allegations of its most eminent and candid medical authors, from one or two of whom, truly representative men, we shall quote. Professor N. Chapman, late of the University of Pennsylvania, formerly president of the Philadelphia Medical Society, and declared a few years ago to be at the head of the medical profession in America, says (" *Materia Medica*," vol. i. page 3) :

" Medical conclusions differ very widely from every other species of evidence. We cheat ourselves with a thousand illusions, and have imposed upon us still more deceptions. It is not necessary that I shall enforce this remark by the enumeration of any examples. No one who is conversant with the practice of physic need be told how often his own deductions have proved erroneous, and how little confidence is to be reposed in those pompous recommendations with which medicines are daily promulgated."

And the same author in the same volume explains, unintentionally, we doubt not, the cause of this remarkable condition of medical science and practice. He says, on page 33 :

" To trace the multiplied relations of medicine to disease, the exercise of the higher faculties of the mind is demanded, and we at once introduce the spirit of speculation, or *what is termed reasoning in medicine*."

Any intelligent reader will readily perceive that conclusions arrived at through such processes must be very deceptive. If medical reasoning be but " speculation," what can we hope from medical practice ? No man was better qualified to speak the truth on this subject than Chapman, and that he spoke it there can be no reasonable doubt. Reasoning is speculation as long as correct premises are wanting ; but when we ask if such reasoning is reliable, if human lives are properly trusted to it, if correct practice can follow it, we are answered in the same strain by this same author, who declares :

" As it is, we are plunged in a dædalian labyrinth almost without a clew. Dark and perplexed, our devious career (to borrow the fine illustration of a favorite writer) resembles the blind gropings of Homer's Cyclops round his cave."

Sir Astley Cooper, physician to Queen Victoria, has declared, " The science of medicine is founded upon conjecture, and improved by murder" —the truth of which statement is more than certified to by Sir James Johnson, formerly editor of the *Medical Chirurgical Review*, London, who says :

"I declare as my conscientious conviction, founded upon long observation and experiment, that if there were not a single physician, surgeon, man-midwife, chemist, apothecary, druggist, or drug on the face of the earth, there would be less sickness and less mortality than now prevail."

And we believe it was Oliver Wendell Holmes who said :

"It were better for mankind, but bad for the fishes, if all drugs were cast into the sea."

Dr. James Mason Good, the noted author, is also quoted with truly saying :

"The science of medicine is a barbarous jargon, and the effects of our medicines in the highest degree unsatisfactory, except, indeed, that they have destroyed more lives than war, pestilence, and famine combined."

And Dr. Chapman, before quoted, says ("Materia Medica," page 32) :

"This, indeed, is emphatically true, that we can hardly ever pronounce with certainty what will be the exact results from the dose exhibited." "So ample an exhibition of the resources of human invention," he also says, "might gratify our vanity, were it not more than counterbalanced by the humiliating view of so much absurdity, contradiction, and falsehood."

So well known are these great truths, that the phrase, "Glorious uncertainties of medical practice," has come to be a byword among medical men.

We might occupy pages in exhibiting truths equally startling, all going to prove how utterly destitute of principle, and consequent stability, medical systems are ; but our object is rather to give a brief outline of a fundamentally different system : one that is not only consistent with itself, but which will commend itself to the intelligent consideration of thinking men ; one that is not simply a disorderly aggregation of facts, but is established upon and explained by fundamentally correct principles.

THE SYSTEMS DEFINED AND CONTRASTED.

The grave difference between the system herein advocated and those in vogue will be more readily appreciated by exhibiting them in contrast, and the necessity for revolution, in preference to reform of existing systems, will become evident. The true system may be defined in these words.

A system of restoring sick people to health by the same means that keep them well ; a plan of curing invalids by building up the organism instead of breaking it down ; a system that having cured an invalid has at the same time taught him how to remain well until his constitutional vigor declines into old age.

Such a system is surely fundamentally different from all the systems heretofore in vogue. The following description of all the popular plans of treatment may be startling, but not more so than the admissions of the noted professors heretofore quoted ; and that it is a correct description let every man answer to his own judgment. They all are,

Systems which attempt to make sick people well by the same means that make

well people sick ; plans of curing diseases by breaking down the organism instead of building it up ; systems that having cured a disease have usually rendered the patient a chronic invalid for life.

That there may be no doubt as to the justness of this characterization of prevailing methods, let us examine them more closely, as set forth by their noted professors and writers.

Martyn Paine, M.D., LL.D., in his great work ("Institutes of Medicine," page 541) declares :

"The most violent poisons are among our best remedies" ; they "operate upon the same principle as the remote causes of disease. We do but substitute one morbid action for another." (Page 542.)

These quotations furnish not only general but categorical support to the characterization of prevailing methods just made ; and Dr. Paine is authority if there ever was any. As Professor of Institutes of Medicine and Materia Medica in the University of the City of New York, and member of any number of learned societies in Europe and America, he filled the same position for New York that Professor Chapman, before quoted, did for Philadelphia. Such men surely have a right to speak and to be heard.

And popular authors are not less frank. Says Dr. Hall, of *Hall's Journal of Health*, a representative man, if not authority, in his "Health by Good Living," page 35 :

"Medicine even the mildest is essentially a poison, and effects a desired result in proportion to its poisonous qualities. It cures by setting up a disease greater than the original which it seeks to cure."

And I believe that physicians generally admit the truth of these statements. Hence the reader can readily see how it is that deadly poisons cure the simpler forms of disease, while they fail to cure the more serious. They cure the simpler by establishing the more serious ; but when a patient comes to have consumption, heart disease, chronic stomach and liver ailments, and indeed any of the more serious chronic ailments, he is acknowledged incurable by means of drugs. Once in this condition, he is advised by the honest physician to travel, to diet, to go to a water-cure, and not to take much medicine, unless it be such as will ease his pain, quiet his nerves, and gradually let him down to the grave. For it is authoritatively claimed that a part of the duty of the physician is to ease a man's pains, and quietly slip him out of life into the Great Beyond.

Can such plans be scientific ? Is it wonderful that in this land of doctors we have an innumerable host of invalids ? Can we not now perceive the sagacity of the late Dr. Abernethy the good, of London, in saying, "There has been a great increase of medical men of late, and, upon my word, diseases have increased accordingly." This is not to be wondered

at when we remember that the prevailing medical practice is a continually recurring practice. The most insignificant disease, being doctored, becomes the natural progenitor of the most serious and complicated ones, and the seed of a numerous progeny is sown in the first dose of medicine. Who poisons a patient because he is sick is surely building up with marvellous certainty a practice that will keep him busy for life, and enable him to bequeath to his sons an extensive business, and to posterity in general, ruined constitutions and hereditary tendencies to disease which make them the vassals of the drug shops, the dependents of the doctors. No rumseller in this fair land makes constant patrons with greater rapidity than does the physician, who, no matter how unwittingly, illustrates in practice "the deadly virtues of the healing art." How different in results, as well as in principles, must be a system which restores sick people to health by the same means that keep them well, and which thus fulfils a necessary requirement of science. Science does not go by contraries. It deals with causes and effects, and legitimately and logically aims at the latter by the former. What tends to keep a man well, to build up his constitution, to establish and settle the foundations of his health, will restore him, if anything will; what makes him sick never can make him well.

CHAPTER II.

PRINCIPLES OF TREATMENT.

OUR system, we have said, is founded upon definite principles, which are faithfully adhered to in practice. Examine them carefully, and see if they are in accordance with reason.

FIRST PRINCIPLE. It is vitality, variously termed vital principle, vital force, nature, *vis medicatrix naturæ*, etc.; that cures. That same force which brought us into being, which sustains us in existence, which has caused us to grow through all the phases of life from childhood to man or womanhood; that subtle, occult, mysterious power, whose existence cannot be denied, and whose results are everywhere evident; the power which heals the wound, restores the broken bone, enables us to move, act, think, is the power which must heal us if anything does. The truth of this principle would seem not to require proof, for it is everywhere admitted. Dr. Martyn Paine, the notable professor and medical author, says in his "Institutes of Medicine:" "Remedial agents can never transmute morbid into healthful conditions. That alone is the work of nature." Dr. Dunglison, equally noted as an author, says: "Physiologists have noticed in every living body an instinctive action, an action of the living principle,

the *vis medicatrix nature*, which can no more be denied than the existence of life." "It is strikingly witnessed," he says, "in the reparatory power exercised by living bodies after the receipt of an injury." The authorities of the Hygienic School declare that "all healing power is inherent in the living system," and we believe that no respectable physician will cavil at or question this principle. It was Dr. Franklin, we believe, who said, "Nature cures, while the doctor takes the fees;" and a noted physician has jocularly been quoted as saying that "medicine distracts the patient's attention while nature cuts in and effects the cure."

That an organization which has possessed the power to grow and develop from the merest germ to an existence which is marvellous in its capacities and sublime in its conceptions, is capable of healing its own ailments, repairing damages, protecting itself against injuries, preserving the integrity of its structures, with infinitely greater certainty than a poison or other extraneous agency can, would seem evident. Neither arsenic, strychnine, alcohol, nor opium has ever proved serviceable in bringing into being or developing an organism; surely they are of doubtful aid in maintaining it in existence. But diseases do exist, nevertheless, and why they arise and how they are to be cured is the question to be considered.

THE NATURE OF DISEASE.

No satisfactory progress will ever be made in the treatment of disease until a correct definition thereof is obtained. The practice of the schools grew out of a fundamental fallacy. The nature and tendency of disease were long unknown, and to-day the schools are groping in the dark in search of a satisfactory explanation of the phenomena which constitute disease. Dr. Wood, in his "Practice of Medicine," declares in the very first chapter that "we have not yet learned the essential nature of the healthy actions, and cannot, therefore, understand their derangements." No wonder that, though he writes volumes and exhibits in them profound thought and most admirable arrangement, he nevertheless degenerates into the most absurd methods of practice. How can a man treat successfully what he does not understand?

True, the medical profession are thoroughly skilled in treating diseases *by name*. Medical education consists largely in classifying diseases, remembering their symptoms, studying their peculiarities, and prescribing medicines therefor; while of their essential nature, as we have just shown, nothing is known. Under such circumstances, it is not wonderful that the practice is a system of speculation, and the results wonderfully uncertain. The system being extremely complicated, and the medicines employed

consisting for the most part of deadly poisons, blunders of the most serious and fatal import are daily occurring.

The Nutritive Cure, on the other hand, treats disease, not by name, but according to its nature ; and inasmuch as all diseases have a common origin,* and are similar in most essential respects, they are to be treated on the same general principles ; so that the system, instead of being complicated, and its practitioners liable to dangerous error, is comparatively plain and simple, and its practice accordant with common-sense.

But though medical men admit that they do not understand the nature of the derangements they undertake to treat, it is certain, nevertheless, that they must have a theory ; for, of course, no one can take the first step in dealing with a thing until he has some theory with regard to that thing. Unfortunately, the theories of the schools with regard to disease are wholly wrong, and, indeed, often the exact opposite of the truth. The idea both of people and professors appears to be that disease is a something flying in the air, carried from place to place, watching its chance to pounce unawares upon some victim, and that its nature and tendencies are destructive to the patient's life. The idea seems to be that we must kill the disease or it will kill the patient, and so the most powerful poisons are employed to kill out this indefinite *something* that has never been seen, and whose existence is known only by its effects. A clear conception of the nature of disease would save tens of thousands of lives every year.

Diseases are not entities. They are not things operating to the destruction of a man's life ; but, in its essential nature, disease is a vital action, abnormal in kind, because of abnormal influences or conditions ; while health is normal vital action with reference to normal or healthful conditions, influences, or surroundings. Thus, in one important respect, disease and health are the same ; while in another important respect they are exactly opposed to each other. They both are 'vital actions, but one is abnormal, unbalanced, perhaps irregular ; while the other is normal, balanced and regular.

If this definition of disease be correct, and the more progressive physicians of all schools will agree that it is, it can readily be seen that there are *two ways of curing it*. One way is by *subduing, removing, or destroying the vitality on which the action depends*, and the other is by removing the morbid causes of the disease ; or, in other words, by changing the conditions, influences, and surroundings from abnormal and unhealthful to normal and healthful. The former is the plan generally adopted by the drug medical systems, while the latter is the truly scientific plan. The former

* " Diseases, viewed superficially, appear to be exceedingly numerous and diversified ; but when subjected to analysis they are found to consist of a comparatively few constituent states of derangement," etc.—Wood's " Practice of Medicine," p. 2.

cures the disease by killing, or partially killing the patient ; the latter saves the patient alive by removing the causes of disease and death. The former employs drug poisons, because they are found to be very sure in their effects ; the latter aims to use only healthful agencies.

But the duty of the physician is not simply to cure diseases, but to restore the patient to health, and hence he is not justified in being content with subduing the symptoms. He is called upon, rather, to supply the conditions for health. No man need hope to recover as long as the appropriate conditions for recovery are wanting. Vital action in this respect is properly comparable to mechanical or chemical action. When the mechanic supplies the conditions for mechanical action, he gets that action with unvarying certainty. When the chemist supplies the conditions for chemical action, the result is equally certain ; and we have both analogy and experience to prove that *when the physician supplies the conditions for normal vital action or health, he gets it with the same certainty.* Health is the normal condition of man, and this health will always be maintained if the causes of ill health are not forced upon him ; while if, for any reason, ill health has been produced, the remedy is to remove the cause that the effect may cease. Nature cures when the conditions are supplied ; and the province of the true physician is to investigate the causes of the disease, remove them, supply the conditions for health, and allow nature to resume her normal actions.

CAUSES CONSIDERED.

But causes are varied in kind as well as frequently obscure, and in order to a proper investigation must be correctly classified. We adopt the classification of Hippocrates, "The Father of Medicine," as being consistent with truth. This is :

First : Remote or predisposing.

Second : Exciting or incidental.

Third : Proximate or existing.

The remote or predisposing causes comprise the habits of the individual. They are termed remote because they are not immediately connected with the disease ; and predisposing, because though they prepare the organism for its onset, they nevertheless do not necessitate its existence. The power of a living organism to accommodate itself to existing circumstances is so great that bad habits, ill conditions, injurious tendencies may be operating upon it for nearly a life-time, if the vital powers are vigorous, without producing obvious disease ; and when disease is produced it is so remotely connected with the real cause that the latter is lost sight of, and the physician contents himself with treating the effect,

while the cause remains. This fact accounts largely for the universality of disease, as well as for the varied and diverse methods of treating it.

If men could but realize that though a habit does not make them immediately sick, it may nevertheless prepare them for sickness; and though it may even seem to strengthen and benefit them by causing exhibition and consequent expenditure of power, it is nevertheless depleting the vital resources, they would be more careful to scrutinize their indulgences. And that physicians should be deceived, as well as patients, is not wonderful, when we consider that they are but human, subject to and deceived by the same appetites and passions as are other men, and are in the habit of prescribing for their patients what seems to agree with themselves. The same principle of delusion which deceives the user of alcohol, tobacco, opium, or hasheesh, deceives the physician who prescribes and the patient who uses drug medicines.

These causes, though they are remote from the disease, are, nevertheless, by all means, the most important; because without them the other causes would not be likely to exist. If the organism were not predisposed, if its vital resources were not depleted, and its instincts rendered abnormal by bad habits, the exciting causes would seldom be brought into operation, or the proximate causes be made to exist. The proximate or existing causes, those which are immediately connected with the disease, are necessarily the result of the doings, habits, or conditions of the patient; while the exciting causes stimulate these into operation and precipitate disease.

Second: EXCITING OR INCIDENTAL CAUSES. These are, in general terms, dependent for their existence upon the remote or predisposing causes already considered. Sudden exposures to low temperatures, to contagions and miasmas, etc., belong to this class. So also, as a rule, are common colds. But the superficial observer seldom perceives the connection between the predisposing causes and these exciting causes, so that the latter, being closely connected with the onset of the disease, are clothed with undue importance, and considered as the real enemy. Colds and contagions are supposed to affect the organism without reference to previous habits, and the victims are considered unfortunate rather than unwise. This is a great mistake. The truth is that no such exposure as people are commonly subjected to will cause common colds in an organism that has not been debauched by bad habits; and miasms and contagions would be comparatively ineffective if the constitutional vigor were not depleted, and the organism thereby made good soil in which these influences may germinate and multiply. Highly vitalized people rarely catch cold, and those whose blood and tissues are pure, seldom become victims of contagious diseases. Epidemics spread among the poor, ill

fed, exhausted denizens of filthy lanes and tenement-houses, while the thoroughly vitalized person may bid defiance to them. The cholera carries off the whiskey-drinking multitude, and the small-pox ravages among the users of impure and unwholesome food and drink ; while the diphtheria multiplies by the deadly sewer gas, which enters the dwellings of both rich and poor. Accidents belong also to this class of causes, but are partially exceptional as to their connection with the habits of the individual.

Third : PROXIMATE OR EXISTING CAUSES. These are properly obstructions existing in the organism, as the immediate cause of the disease. They are called *proximate* because they are immediately connected with the functional derangement, and *existing*, because they are found *in the organism* as existing facts. They are constituted of,

First : Irritating conditions or substances, including what is popularly known as impure blood.

Second : Congestions, or, more properly, unbalanced circulation.

Third : Faulty nutrition.

With the existence of these causes disease begins. Irritation is the first step in every form of it—a truth admitted partly or in whole by the profession—and irritation presupposes an irritant. This irritant may be in the form of poisons, of which drug medicines are the chief representatives ; of miasmas and contagions, and all forms of stimulating foods, drinks, and indulgences, such as alcohol, tobacco, etc. Second, retained excretions, consequent upon overtaxation of the organs of excretion. Third, the abuse of the ordinary health agents.

THE GREAT DELUSION.

Out of this principle of irritation grows the most important delusion that ever afflicted mankind. Irritation means increased action of the part irritated, and consequently of all parts sympathetically connected therewith, and increased action is almost invariably mistaken for improved vigor and increased strength. Tonics, nervines, and stimulants produce their effects only through this principle. It is in this way that alcohol and tobacco increase the action of the brain and nervous system ; that calomel and podophyllum apparently improve the functions of the liver ; that all other drugs produce their effects ; that arsenic and strychnine, nitric, muriatic, hydrochloric, prussic, sulphuric acids, etc., increase the apparent vigor of the whole system, largely through its sympathy with the stomach, which has been termed the great organ of sympathy. For this same reason men often feel more than ordinarily vigorous just previous to a severe attack of sickness : they sometimes retire to bed feeling well,

only to wake up in another world. For this reason sudden and violent ailments often follow the most apparently robust health. It is the same delusion that tempts the physician to dose his patient with violent poisons until exhaustion and death close the scene. It is the basis of alcoholic medication, just as it is the cause of the fearful and monstrous drunkenness, whether by alcohol, opium, or tobacco, which deluges the land. Increased action, apparently increased strength, supposed improved function, the result of the use of irritants, deceive both physician and patient, and cause them to become victims of a monstrous delusion.

The delusion pervades all ranks of society, and is the chief explanation of the frequent diseases and sudden and untimely deaths that are everywhere chronicled. When we consider the immense quantities of irritants which are being introduced into human organisms in the guise of food, drink, medicine, etc., the only wonder is that the human constitution endures as long as it does.

But irritation produces a secondary effect, which is quite as important as the primary one, and this is increased flow of blood to the part irritated. Normal exercise does the same thing. Thought induces increased flow of blood to the brain, and labor, to the feet or hands. If this flow be beyond the power of the vessels to send it forward, as in the case of irritation, the blood accumulates, the vessels relax, and we have congestion. This increase of blood at one point of course necessitates a decrease at another point, and hence, unbalanced circulation is a concomitant of all diseases. But the difficulty does not end here. A second and more important effect follows—namely,

FAULTY NUTRITION. It is a mistake to suppose that the nutrition of the organism takes place in the stomach. The nutrition of the system no more occurs in the stomach than the heat of the organism is produced in the lungs. In the circulation all these important effects take place. "All nutrition takes place in the capillary circulation," the physiologists declare ; and the capillary circulation is a part of the general circulation, and hence the quality of a man's nutrition is decided precisely by the quality of his circulation. Too much blood in a part, as all experience shows, obstructs the nutrition of that part ; while too little in another part equally prevents the performance of this most important function.

Another and most important cause of irritation, unbalanced circulation and consequent innutrition, is depression of the circulation at some point, usually the surface or extremities, causing accumulation of blood and irritation at some other point. The effect of cold upon the body is a familiar and important illustration ; as, when the circulation is checked at the surface by exposure, the internal organs become overburdened and irritated, and serious diseases, such as colds, croup, pneumonia, conges-

tion of lungs, liver, stomach, etc., ensue. These diseases are primarily diseases of obstruction ; but if the obstruction continues, the disease assumes the chronic form, and we have depletion, or, possibly, exhaustion. Unbalanced circulation, therefore, means obstructed nutrition ; and hence from irritation, congestion, and faulty nutrition, depletion, perhaps exhaustion and death follow.

OBSTRUCTION OR DEPLETION. Diseases are dependent upon and represent either or both of these conditions. Acute diseases are, in general terms, diseases of obstruction, while chronic ailments are the same diseases continued until depletion has followed. Irritation, congestion, inflammation, and fever are the great representatives of the former, while chronic diseases are essentially the same, continued until partial exhaustion and consequently subdued symptoms have taken place. In all cases, irritation, congestion, innutrition are the incipient stages ; while the inflammation or fever is active, and perhaps violent in the acute cases, but passive, subdued and continuous in the chronic. These facts are important to remember when we undertake to treat diseases, for the plans of treatment must correspond. The acute disease, representing vigorous vital action, will bear vigorous and prompt treatment, while the chronic disease must be treated by more careful and precise methods.

The Nutritive Cure has already attained to a decided reputation, even among physicians, for the treatment of chronic ailments, but we are led to infer that patients and physicians would seek more vigorous measures in acute cases. " Desperate diseases need desperate remedies," they say ; violent morbid conditions are to be met by violent processes. They seem to forget that the acute disease is the simple, uncomplicated, and easily managed one, and consequently readily responds to natural processes ; while the chronic ailment, being complicated and continued, the result of exhaustion, requires more careful and prolonged methods. The Nutritive Cure is quite as well adapted to the treatment of acute diseases as to chronic ailments. It is no more restricted to slow and cautious methods of operation than any other system, while it has this advantage over all others, that its processes may be graduated to meet the feeblest possible conditions and the most complicated ailments ; or they may be made the most vigorous and effective, whereby to meet the wants of vigorous organisms and acute diseases.

In the treatment of chronic cases the greatest care and the nicest manipulation are required, for want of which the ordinary methods are total failures, while these are indifferently successful with acute cases. The success of the Nutritive Cure, on the other hand, in chronic cases, has been demonstrated and admitted ; while our experience with acute diseases has been even more encouraging, as a single illustration, found else-

where, will show, in which the most serious case of congestion of lungs was entirely relieved and the patient restored in one hour.

CHRONIC DISEASES, OR DISEASES OF DEBILITY. Let us now turn our attention more particularly to diseases of depletion—the continued, persistent, and more aggravated forms of disease—those in which the irritation and congestion have so obstructed the nutritive processes that depletion is accomplished, and slow processes of dying inaugurated. These diseases, popularly termed chronic, are altogether more important and frequent than the acute, and in the great majority of cases are the result directly or indirectly of the cure of acute diseases by subduing the symptoms with violent or poisonous applications. Vigorous health is almost unknown in this country. Depletion has come to be the normal state. Debilities, dyspepsias, torpidities of the various organs, and, indeed, partial exhaustion of the vital forces, is about universal. Incapacity is no longer the result of poverty or ignorance, but lack of physical vigor. Well may the American say, “Give me health, and I will accomplish wealth ; give me physical power, and I will achieve fame ; give me vital vigor, and I will consider myself the peer of any man.” The Nutritive Cure is destined to accomplish all these. If it is valuable for the cure of disease, it is all the more valuable for the preservation of health. If it restores health to the sick, it all the more invigorates, strengthens, and vitalizes the well. Its principles are applicable to all conditions of physical well-being on the earth. Let us, therefore, continue our investigations with special reference to invigoration of the physical powers, and the cure of chronic diseases and debilities.

CHAPTER III.

ACCUMULATION OF VITAL POWER.

THE SECOND PRINCIPLE of this system is logically deduced from the first, and may be stated in these words : The rapidity and certainty of cure depend upon the amount of vitality ; in other words, the vigor of the vital principle, as well as upon its mode of distribution. All human experience goes to show that a man's power to live or to recover does not depend upon the ailment from which he may suffer, half as much as upon the vigor of his constitution. Some men will recover from almost any disease or injury. Bullets have been shot through the lungs, stomachs have been partly carried away, crowbars have been driven through the centre of the brain, and yet the men have recovered and continued to live ; while, on the other hand, the scratch of a pin or an injury to a toe-nail has sometimes caused death. The difference is not due to the

injuries, but to the amount of available vital power possessed by the individual.

The correctness of this principle may be further proved in various ways. At present we may simply state that it is the outgrowth of one of the plainest rules of science. Says Sir John Herschel: "Increased or diminished intensity of effect invariably follows increased or diminished intensity of cause;" so that vitality, or vital force, being the real living and curative power, it follows that the health, strength, vigor of the man will be in precise ratio to the vigor of the vital principle. Indeed, I know not how to separate them. To increase the sum total of a man's available vitality at the same time that it is properly distributed is equivalent to increasing the certainty and rapidity of his recovery, and to maintain him in health and vigor. To diminish the sum total of his available vitality is to diminish his chances for health. Who so blind that he cannot perceive the logical conclusion? The premises are established by overwhelming evidence, and the conclusion is inevitable that the true way to restore health is to distribute the vital force through its appropriate channels by means which shall increase but never diminish its sum total; by means which, while they tend to remove the obstructions and reduce the irritations, at the same time improve the nutrition and develop vital power. The Nutritive Cure admits of no reducing or obstructing processes. The plan of the schools, to cure one disease by producing another, it utterly rejects. Irritations are not to be cured by counter-irritations; disease must not be vanquished by poisons; heroic, violent, and destructive processes must be relegated to the ignorant past, in which superstition held sway over the dying multitudes.

But not only does the Nutritive Cure possess the negative virtue of refusing to reduce, poison or destroy; it insists on the employment of means which shall clearly, positively, and effectively restore, in a measure at least, the vigor, strength, and vitality of invalids, of which previous methods have deprived them. There must, indeed, be positive invigoration, the result of accumulated power. The tangled skein of their difficulties must be unravelled; the road which they have travelled from health to disease must be retraced; the depleted reservoir of power, the body, must be refilled by accumulation after scientific methods. We are not unaware of the existence of a philosophy which urges that the evolution of power in a human organism is in precise ratio to the destruction of the tissues of that organism. Mental force is said to result from the destruction of brain tissue; muscular force from the destruction of muscular tissue; but the theory leaves so many facts unexplained, and is so opposed to general experience, that we cannot accept it. Upon this ground only is the use of alcohol, tobacco, opium, etc., as food, justified.

Upon this theory, which is utterly untenable, the correctness of which no one, we believe, will claim to have proved, is hung the most absurd practices. A better theory, and one which comports with the facts of life, is that vital force, like heat, though produced through the changes taking place in the food eaten and the air breathed, may, nevertheless, be stored in the organism for future use, as heat may be stored in air, water, or earth, to be used according to circumstances. Then alcohol, tobacco, opium, etc., instead of being food, producing force without corresponding destruction of tissue, are simply agencies that exhaust the reservoir of power, and produce the debilities that all human experience shows that they produce. With this theory everything is plain and clear ; with the other one, all is speculation, mystery, and doubt.

Vitality can be accumulated. It is a fluctuating product. The vigor of morning differs materially from the exhaustion of evening ; the depletion of invalidism from the strength of the robust man ; the freshness of abounding health from the wasted energies of feeble convalescence. Does not all human experience prove conclusively that vital vigor fluctuates from hour to hour and from day to day ?

The very fact of its fluctuation proves the possibility of its accumulation, and this no matter whether it is an entity or not. Material existences are not the only things subject to natural laws. Heat may not be an entity ; nor cold ; and yet who will dispute that it may be increased or diminished ? So may light, electricity, magnetism, sound ; so may disease. And whether these are entities or not, they certainly, on the other hand, consist of or represent forces, and may properly be compared to vitality, or vital force ; and the same principles of operation that will increase or diminish the former will increase or diminish the latter. This brings us to

THE THIRD PRINCIPLE. *To increase production and restrain expenditure is the true way to accumulate vitality, or any other force.* This principle is at the basis of all commercial, national, and individual prosperity. When a nation's production exceeds its consumption, it is growing rich ; when its receipts exceed its expenditure, it is laying by accumulated wealth. So in the operations of physical life : when production exceeds expenditure, vitality, vital force, vital vigor, and all that this implies are being secured.

If this be a correct principle, and it can be brought into operation, what wonderful results may be obtained ! Not alone does vitality, properly employed, secure to a man health, and all the enjoyments which naturally flow therefrom, but it is the power which has made the wilderness blossom as the rose ; which has rendered not only possible but actually accomplished all the wonderful triumphs of mind over matter.

Great achievements require powerful forces. It is concentration of power that *tells*. Intensity of action succeeds where sluggishness must fail. Feeble men are drones in the workshop of life, incapable if not inactive ; but the highly vitalized, the robust, they who are brimfull of power, exert it with a positiveness, a will, and a vigor that overcome all obstructions and all opposition. Herein is the power of the orator and the statesman—of all men in all professions. Vital power, other things being equal, means leadership, and lack of vital power, slavery. Out of vitality comes thought, feeling, will ; and as the vitality, so these products. The commonplaces of life, the averages of production are the result of commonplace forces and average intelligences ; but the great, the noble, and sublime originate with corresponding forces. The display of this life force may be low and coarse, as in the street-corner agitator ; or fine and clear, as in a Wilberforce or a Bryant, a Longfellow or a Tennyson ; but it is always abundant. It is vitality that moves the world. It has shaken it from centre to circumference in the person of a Napoleon or Cæsar, a Hannibal or Alexander ; it has rocked society to its foundations through a Luther, Melancthon, Whitefield and Wesley ; through Washington, Franklin, and Adams. It has made great men in the past, and sustains great men in the present. More precious than gold, because gold is obedient to its behests ; more to be desired than rubies, it is all things to all men. What may a man not give for vitality, and what can compensate for a permanent loss of it ? Vitality is life, and the greater the vital force the more a man lives, and the more he can accomplish. The body is a great reservoir of vitality, and if filled full—if every fibre of the man's being is, as it were, saturated with it—there is scarce a limit to his achievements, and thus is justified the proverb, that a pound of energy with only an ounce of intellect will accomplish more than a pound of intellect if sustained by only an ounce of energy.

And vitality is represented in quality of action as well as in quantity. Who can divine the degree necessary to the production of a great thought, a new conception, a discovery of an original principle, or a new combination of known ones ? In the minds of the philosopher, the poet, the scientist, do we not behold it refined and concentrated into essential forms ?

To accumulate and concentrate this vitality, therefore, is the highest earthly wisdom, and this is to be done by increasing production and restraining expenditure. Both invalidism and incompetency result from, or are represented by, depletion, of which we have all grades. The organs of expenditure, being unduly developed, easily excited to action on the smallest occasion, and incapable of being restrained under even slight pressure, do not permit that accumulation which is necessary to

great achievements in the healthy, or to the recovery of the sick. Depletion—in other words, poverty of vital power, the most disastrous form of poverty—is a common condition, and in its train are all manner of obstructions, ailments, and sufferings not only, but disaster, financial and social. No element of prosperity can compensate the business man for want of physical and mental vigor. Bankruptcy in financial resources, in the great majority of cases, is coincident with and dependent largely upon depreciated mental power, clouded and unsteady mental action. A single stroke of the pen, an unwise word, consequent upon lack of the usual foresight or mental reach, and these dependent upon failing health and reduced mental vigor, have wrecked more fortunes than a few ; and if the business man needs mental and physical vigor, what shall be said of the professional man ? In the battle of life, in the arena of thought, in the forum or on the bench, on the rostrum or in the pulpit, what can compensate for it ? Can learning, when the very use of learning depends upon it ? Can education and polish and training ? No ; human reason cannot consent to such conclusion.

To change the relations, therefore, between production and expenditure, increasing the one and restraining the other, whereby vital power is accumulated, we hold to be the *ne plus ultra* of medical wisdom. No art, no science, no skill, can surpass this. With accumulated vitality, obstructions will be removed, disease stayed, and death vanquished ; and with accumulation continued and energies properly directed, a useful and honorable career may be opened up to the individual. When diseases are cured in this way, the patient is not ruined, but while relieved of his disease he is at the same time rendered vigorous, hearty, and happy.

And more : he is not only relieved of his ailments, but is insured against future disease. Relapses are absolutely unknown under a system based upon these principles. The power that can restore health can with certainty maintain it ; for the greater always includes the less. The patient not only recovers, but stays well, which is a feature both marked and wonderful in practice, the testimony of all who have fairly tried it being invariably the same.

The application of this principle both to the care of the sick and the education and training of youth opens up possibilities that are hardly conceivable. If instead of curing invalids by reducing them, whether by bleeding or purging, toning or stimulating, soaking or starving—the popular ways—we do it by developing and accumulating vital vigor ; and if in place of training and educating youth after plans that excite the brains and debilitate the muscles, we train them into processes that develop power in all parts—by plans which, while inducing the use of power, increases its production—may we not look for greater and nobler achieve-

ments than ever before? If instead of laboring until our capacities for labor are reduced, we labor to increase our capacities, what different results we would obtain! If student or author, instead of exhausting his brains over midnight oil, would recognize and obey the laws of health, how his capacities to learn or instruct would be enhanced!

HOW TO ACCUMULATE. Of the value of this principle we need say no more. The proper application of it is the subject now before us. If this can be accomplished; if we can point out a concise, logical, and scientific method of operation, we believe the reader will agree with us that a great truth has been discovered and a great system established. To this end let us recall the fact already demonstrated, that vitality is a force manufactured or produced in the organism, as well as used and expended therein. This truth being conceded, it follows that there must be both *organs* of manufacture and *organs* of expenditure. Indeed, a careful analysis will show that the human organism is naturally divisible into these. The one set takes up the materials supplied and produces therefrom the necessary force; while the other set is engaged in the use of this force.

EXPENDITURE. The organs which use and expend power are:

THE BRAIN,

THE CEREBRO-SPINAL and

THE ORGANIC NERVOUS SYSTEMS.

Who can doubt that the brain is the great organ of expenditure? To this end, though but one fiftieth of the body in weight, it nevertheless uses from one fifth to one tenth of all the blood. Thought, feeling and motive involve the use of the highest quality and the greatest quantity of vital power. Indeed, a true philosophy would suggest that the operations of the whole organism which result in the production of power are for use in this higher department of life. From the lower to the higher is the order of creation; from breathing, digestion, and circulation, onward and upward to intelligence and morality. The body is organized for the mind; the animal for the mental and moral; the lower functions for the higher ones. The brain is therefore intended to receive and use, and by virtue of the power furnished it, to produce thought, feeling, and will. It is impossible to conceive that a noble thought can come out of nothing, or that an exercise of the feelings or will requires no power. On the contrary, all experience proves that mental operations use up vital vigor in no small degree. Intense emotions are always exhausting. Religious, social, or political excitements; anger, hate, jealousy, not only, but even joy and hope use up vital force. Both pain and pleasure are known to be exhausting to the vital powers. Fear is a powerful depletent. Men's heads have been known to "grow white in a single night" from fear, and other

men have been known to grow older by ten or twenty years in a few hours of intense suffering. Anxiety and worry are always intensely debilitating. That "it is worry that kills, and not work," has come to be proverbial. The nervous, fretful, and irritable always fail of recuperation ; while the easy, good-natured, contented, grow fat and rotund, whether man or beast. On the contrary, exhaustion and even sudden death may result from intense nervous action in any respect, and that without destruction of the nerve. But whoever heard of death from muscular taxation that did not involve destruction of muscle ?

Of course, in speaking of these effects we are considering the nervous systems in the same category with the brain, because in both structure and functions they are essentially like it. The *cerebro-spinal* nervous system exists as the accessory or aid to the brain, while the organic nervous system fulfils a similar office for the nutritive system to that which the brain and cerebro-spinal nerves do for the general system. And it may be said, as a truth fully substantiated, that exhaustion of power comes chiefly if not wholly through excessive nervous and mental action.

MANUFACTURE. Having discovered the means by which vitality is appropriated and used, and therefore may be exhausted, let us now turn our attention for a few moments to its production or manufacture. The air we breathe, the food we eat, and the water we drink unquestionably constitute the raw materials out of which organisms are constructed and all vital forces are evolved ; and it follows, as a necessary consequence, that breathing, which appropriates the air ; digestion, both by the stomach and bowels, by which the food is prepared ; and circulation, which employs the water for the purpose of bringing the air and food into contact, are the great processes by which vital power is produced.

There surely can be no question upon this point. No one has ever suggested, or, as we believe, conceived any other means, and hence we logically conclude that the production of vital power corresponds in general to the perfection and vigor of the breathing, digestive, and circulatory systems. The organs of manufacture are therefore properly described as

THE BREATHING ORGANS,

THE DIGESTIVE ORGANS, and

THE CIRCULATORY ORGANS.

Having already seen that the organs of expenditure are comprised of the nervous systems, including the brain, let us now remark that the organs of manufacture are almost wholly muscular, depending chiefly on contraction and relaxation for the performance of their functions. Of course, we do not dispute that in those organs or systems certain vito-chemical changes take place, but even these changes are dependent upon muscular action ; for instance, though the union of oxygen and carbon in

the lungs is a chemical or vito-chemical action, muscular action, nevertheless, is necessary to the bringing of the air and blood into contact. And so, though the dissolving of food by the stomach and intestinal juices is not a mechanical process, muscular action is nevertheless necessary to its performance ; and a careful examination into the processes of circulation will show that muscular action is the chief and most efficient agency in this work. He who has vigorous respiratory muscles, breathes vigorously : and he who has a strong and active stomach and abdominal muscles, digests correspondingly ; while the circulation, whether cardiac, pulmonary, or capillary, is performed chiefly through muscular contraction and relaxation, and the venous and arterial circulations are dependent in no small degree upon the same agencies.

AN OBJECTION ANSWERED. An important fact, however, we do not mean to overlook—namely, that manufacture and expenditure, represented by muscle and nerve, are not by any means disconnected. There is always more or less expenditure of vitality in all processes of manufacture ; and, indeed, in all processes of expenditure there is some slight compensation by way of production. The function of breathing, for instance, requires the use of power both nervous and muscular, as does also digestion and circulation ; and, indeed, vital power is in some degree developed in the operations of the brain. As in the cultivation of the soil, the manufacture of iron or woollen goods, or in any other productive industry, there must be some expenditure, so in all the operations of a living organism, expenditure as well as production is continually taking place ; and the first consideration is to have production bear an appropriate relation to expenditure, so that the latter shall not exceed the former, but that all physical operations shall be carried on economically. The economical use of power, not wasteful expenditure of it, is what is sought.

In the highest health we have this condition. The machinery then works with the least possible friction, and, given good material—air, water and food, and favorable conditions, we have the best results. In disease the condition is reversed. Being depleted of power the organs perform their work only under the influence of extra stimulus from the nerves, causing the work to be done wastefully as well as inefficiently, and if continued, physical bankruptcy is inevitable. Every function is slowly and tediously performed. Breathing is carried on with effort, digestion is painful, and the circulation and consequent nutrition fail. The feet and hands are cold, while the head is hot ; the surface of the body is depleted of blood, while the internal organs are congested. A cold and bloodless skin exists as the counterpart to a congested and chronically inflamed mucous membrane, giving us catarrh in the head, throat, bronchial tubes, stomach, bowels, urinary organs, sexual organs, etc. This is the general

condition of chronic invalidism, and represents exhaustion of vital power consequent upon excitable nerves with feeble muscular, vascular, and glandular organs.

THE TRUE RELATIONS OF MUSCLE AND NERVE. We have seen that neither is independent of the other. The muscles perform their functions only under direction of the nerves, while the nerves would be useless without the muscles to carry out their mandates. The same is true of all organs ; they act only under direction of their proper nerves. It is, nevertheless, a mistake to suppose that the nerves supply the power to act ; they supply only the incentive thereto ; the power resides in the organs themselves. Contractility, by virtue of which all muscular motions are performed, is a property solely of the muscles, not of the nerves ; the secretion of bile is the work of the liver ; digestion the work of the stomach ; and though these functions are regulated by the appropriate nerves, they are nevertheless the work of their respective organs. Functional action in an organ, therefore, depends upon two things—first, power in the organ, and, second, incentive thereto from the nervous system. Both are necessary, and the relation which one holds to the other describes the man's actual conditions. If the organs, whether of digestion, breathing, or circulation, whether liver, kidneys, or skin, are in vigorous condition, well supplied with vitality, there will be required comparatively slight effort on the part of the nervous system in order to get a given functional action ; on the other hand, if the organs are weak and debilitated, as in chronic invalidism, there is required from the nervous system correspondingly greater effort to accomplish the same results. In the one case, being vigorous, the muscles contract vigorously, and the vascular and glandular organs perform their work economically ; but in the other case they require to be whipped, irritated, stimulated, which necessitates the wasteful expenditure of power. In this way feeble organs can sometimes be made temporarily to do as much work as vigorous ones ordinarily do, but the power laid out under such circumstances is exhaustively employed, so that, if continued, physical bankruptcy becomes inevitable. The varied operations of the human organism should be carried on economically instead of wastefully, if strength and vigor would be maintained. Who has a vigorous muscular system manufactures vitality rapidly, because vigorous activity is secured without much effort, but if the muscular system be weak, production takes place very slowly, and only then because of exhaustive effort on the part of the nervous systems.

SOME STARTLING CONCLUSIONS. We are again brought clearly to recognize the fallacies of the prevailing medical practice. We have seen that the nervous systems are the great organs of expenditure, and hence that depletion corresponds to their activity ; and yet it is a remarkable

fact that nearly, if not all, systems of medical treatment undertake to produce results by an appeal to the nerves. By irritating these there is such apparent improvement of function that physician and patient seem to be satisfied not to inquire further ; or, if they do, they are content with present appearances at the expense of future debility. The primary effect being apparent invigoration, they have lost sight of the fact that the secondary but more real effect is depletion.

The great delusion comes to the surface once more. " Medicine has been declared to be purely a science of observation," and the observation is evidently quite as misleading as in the relations of the earth to the sun. The sun does not revolve around the earth ; nor do tonics, stimulants, nervines, irritants, give strength, even though the patient feels stronger from their use. They cause the exhibition of power, and consequent expenditure of it, but in doing this they are destroying the capacity to produce it. We have already seen, on page 17 how both physician and patient are deceived by the process of irritation, which communicates to the latter the feeling of improved functional activity, whether of brain or body. We have seen also how this irritation unbalances the circulation, and thereby obstructs the nutrition of the organism, so that depletion follows even while the patient may seem to be recovering ; in other words, while there is apparent improvement consequent upon the use of violent and destructive agents or processes, there is real and permanent injury, in that while there is temporary increase of action, the power to act is being correspondingly reduced.

Have we not, by this other mode of analysis, arrived at the same conclusion ? Have we not discovered that all the violent and heroic forms of treatment heretofore practiced have produced their results by appealing to the nervous systems, the great organs of expenditure, rather than by invigorating the muscular systems, the great organs of manufacture ; so that while expenditure has been increased, manufacture has been reduced, the relations between the two being so changed that physical bankruptcy, instead of physical health, has followed ? Irritants, in which we include all forms of stimulating and exciting substances, produce their effects by exciting to activity the nervous systems, those great organs of expenditure ; and as the feeling of strength is coincident with the expenditure of strength, the patient has been deluded into the belief that he is improving even while exhaustion has been going on.

CHAPTER IV.

METHODS OF TREATMENT.

THESE are constituted of,

First : The use of materials for nutrition ; and

Second : The conditions for their use.

The materials out of which every living organism is constructed are air, water, and food. These comprise the sole constituents of animal organization, all other substances that are or may be introduced being obstructions or poisons. The conditions are exercise, rest, sleep, clothing, sunlight, electricity, magnetism, social and religious influences, surgical appliances, etc. In order to the best health, the materials, of course, must be of the best quality, unadulterated with unusable or deleterious substances, while the conditions shall be such as are suited to the individual cases. Under this classification is comprised every known remedial agent, the purpose being to supply the needs of the patient, remove irritations, balance the circulation, and restore nutrition. Poisons, in which we include all substances that are inimical to the vital instincts, are alone rejected. Everything that can be made serviceable in the treatment of the invalid is included in our list of appliances.

It will be seen, therefore, that the nutritive cure is a truly eclectic system. It is not restricted to any mode of treatment, but selects the good out of all systems, and makes the application according to clearly defined principles of science. Indeed, it not only undertakes to select the good from all the systems, but it prescribes rules which will with great certainty determine the good from the bad, as well as how to apply the former in order to the attainment of the best results.

Of late years there has come to be a great distrust of drug medicines, both on the part of the people and of the profession, and this distrust seems to be in ratio to the spread of knowledge among the people on the subject of health. As books have been written, lectures given, teachers been active, so the people have been learning to trust nature more, and doctors and drugs correspondingly less. The consequence is a noted increase in the number of hygienic systems that are being advocated and practiced, even though these exist in varied forms of empiricism. Among the more valuable of these systems we note varied plans for the development of breathing capacity, and the securing of pure air through processes of ventilation, etc. Hence the respirator, spirometer, varied gymnastic exercises, etc., have proved themselves, when employed upon correct principles, of decided value to the invalid. But at the same time that benefit is

to be derived from them when properly employed, injury will result when improperly used ; and what is required is the elucidation of principles which will more clearly explain the way, the how, and the why of their use.

THE DIET-CURE. The diet-cure, including the milk-cure, grape-cure, etc., has also received very considerable attention from both physicians and patients during the last half century, and that injury has followed as well as benefit is undoubted, so that the value of correct principles which shall regulate the practice is readily suggested. How and why to diet is the important consideration, and these are explained by the principles of the nutritive cure ; particularly is it to be noted that stimulating processes and obstructing materials are to be avoided. Whatever excites the nerves or interferes with proper circulation of the blood, either by rendering it thick, viscid, or coarse, is to be rejected. Hence the arguments in this work against stimulation suggest the line of action with reference to the varied kinds of foods : those which supply the materials for nutrition in sufficient degree are required ; while those which excite, irritate, stimulate, or which are not necessary for purposes of nutrition, are to be avoided.

We need further remark simply that the nutritive cure is not committed to the system known as vegetarianism ; for though much may be said against the use of flesh meats and other rich foods, there is another side to the question, and we urge moderation in the use of things good, with total abstinence from those which are bad, as the true idea with reference to diet.

THE WATER-CURE. The water-cure, including cold-water bathing, hygienic water-cure, Turkish, Russian and electric baths, etc., is a still more important system of treatment, and during the last forty years has received attention from people and profession both in Europe and America. It is a truly hygienic appliance, water being one of the most natural and philosophical means for regulating temperature, circulation, and nutrition that we have. That the water cure has accomplished much good is undoubted, but that evil has followed its applications is equally unquestioned. Much is, therefore, to be said against water cure as it has formerly existed, but the wisdom of the appliances is so great that hygienic water-cure is on the increase, numbering among its adherents to-day more than it ever did before. Even the medical profession, which so long opposed its administration, are engaged in recommending its processes. The water-cure has proved itself a powerful agency ; but it may be powerful for harm as well as for good, and whether the one or the other depends upon the principles of its administration.

The Nutritive-Cure includes among its appliances the varied forms of water-cure, but it must be applied upon nutritive-cure principles, and not upon drug-medical principles. The violent, heroic, and depleting proc-

esses that have been so prevalent must be rejected, while water is, nevertheless, to be supplied to meet the conditions of the patient. The chief objects of water-cure applications are :

First : To secure personal cleanliness ;

Second : To regulate the temperature of the body, or any part of it, and thus control circulation ;

Third : To supply moisture to heated and dried tissues ;

Fourth : To dilute circulating fluids and facilitate the processes of secretion and excretion.

The water-cure is not a cure-all, and is not to be applied as such ; but upon the principles of improving circulation, nutrition, and consequent health, it is wonderfully effective. In acute diseases it is one of the most valuable appliances we have ; while in chronic diseases its value has been greatly overestimated, and its use been greatly overdone. In these cases it is important whereby to secure personal cleanliness, as well as to meet varied acute conditions, which are liable to occur even in chronic diseases. But as we reject allopathic principles of administration, so we reject allopathic doses. The aim is not to drown out the vital spark, to overcome vital resistance, to thwart vital effort, as some would seem to believe, but to encourage and aid vital operations. To this end cold water has no advantage over water at mild temperatures, but whether hot, tepid, or cold is decided by conditions of the patient.

The baths usually employed in the Nutritive Cure are full-baths, packs, sitz-baths, foot-baths, fomentations, vapor-baths, dripping-sheets, half-baths, leg-baths, douches, spinal-rubbings, etc. Indeed, all the water-cure processes are subject to application in accordance with the principles herein advocated.

THE MOVEMENT-CURE. Through all the ages exercise has been recognized as of importance in the maintenance, if not in the regaining, of health, and particularly so when alternated with rest. Within fifty years, particularly, varied systems have been advocated and applied with a success which is truly remarkable. Gymnastics in the form of boating, boxing, wrestling, lifting, etc., as also the lifting-cure, Swedish movement-cure, have been recognized and applied ; and to doubt their value is to doubt not only the evidence of the senses but the results of reason. No agency within human control for the development of circulation and nutrition can be superior to exercise ; but, like other good things, it is liable to produce injury if employed upon incorrect principles. Violent processes must be discouraged, and the exercises be suited to the individual cases. The ordinary gymnastics do not give the physician sufficient control of his patients' habits of exercise, and hence for the treatment of invalids we consider the Swedish movement-cure to be far superior. No other system

that we are aware of is equivalent to it in merit for the treatment of chronic diseases ; particularly when it includes massage, manipulations, rubbings, etc. It is only within a few years that the massage has been employed to any considerable extent, and even then generally empirically, as it must be until the true principles of cure are understood. The Nutritive-Cure suggests the true methods, prescribes according to the needs of the patient, and under the administration of its principles the best results are obtained.

THE REST-CURE. But exercise without rest will fail of accomplishing its results. The one should alternate the other, and in general terms rest or reaction should equal action. The rest-cure has a philosophic basis, and when employed upon correct principles will tend to accomplish the very best results. The rest-cure when adopted as a grand hobby is full of fallacies ; but in connection with the movement-cure it is very important. Upon rest and exercise depend sleep, and to secure sleep to the nervous, irritable, fretful, suffering invalid is one of the most important considerations of any system of treatment. The more sleep the better, if by the sleep is secured proper rest of the vital organs.

CLOTHING. The clothing generally worn by both male and female is very faulty, because fashion grows out of false principles of use. The true ideas would urge the employment of clothing in such way as to secure full, free, and unimpeded circulation of the blood. The central portions of the body, which are liable to become congested, should not be burdened with clothing while the extremities are insufficiently clad ; but, on the other hand, inasmuch as circulation to the extremities is the first to fail when health is being depleted, so clothing should be such as to aid in every direction, maintenance of warmth in these parts. Covering the chest with chest-protectors while arms and legs are half covered is a great mistake, rather adding to lung trouble than relieving it.

The color of clothing has also something to do with health, the lighter colors being altogether superior to the dark, gloomy kind.

SUNLIGHT. Sunlight is important, and sun-bathing frequently valuable in the treatment of chronic invalids, and when employed upon correct principles can produce only good results.

ELECTRICITY AND MAGNETISM. These occult forces have produced remarkable effects in the hands of experimenters, sometimes good, and sometimes bad, but whether good or bad depends, like all the other agencies, upon the principles of administration.

THE MENTAL-CURE. The influence of mind over body has long been known if not always fully appreciated ; so that it may truly be said that the mental-cure is not new. The forms of application, however, are varied, and the Nutritive-Cure is, perhaps, peculiar in its ideas upon this subject.

The most important effect of mental-cure is in securing rest to the nervous systems, and all ideas, conceptions, emotions which work to this end are to be cultivated. Faith, hope, and charity are peculiarly significant in this connection, the latter particularly securing a degree of rest that is hardly secured in any other way. As long as a patient is fault-finding, carping, fretful, misanthropic, he cannot be at rest. Having within himself the elements of unrest and dissatisfaction, he is constantly irritating others, producing a condition which reflects upon himself ; and so charity, as opposed to misanthropy, is of the first importance. Next is faith. By its influence is not only secured " patient continuance in well doing," but vital influence is communicated to all the vital organs which are in sympathy with the mind. When the man is mentally strong, hopeful, buoyant, full of courage and ambition, the stomach, liver, bowels, lungs, and all other organs will sympathize therewith, and so vigorous vital action is secured as the result of a steady, vigorous, yet restful condition of the mind. And furthermore, he who can fulfil, in good degree at least, the two greatest and chiefest commandments, to love God and to love his fellow, has placed himself in excellent condition for the recuperative operations of the vital forces.

But our space will not permit an extended review of the methods to be employed in the accomplishment of the objects of the Nutritive-Cure. Its principles are its distinguishing features, the methods being such as common observation has proved serviceable, even in the hands of those who do not comprehend the principles of employment. The Nutritive-Cure claims to have elucidated principles which explain the operations of the varied methods heretofore in vogue and secure uniformity of results. Let the haphazard methods be relinquished, and scientific, precise, and successful application be secured. To this end are the principles of the Nutritive-Cure efficient.

CHAPTER V.

THE MODUS OPERANDI OF TREATMENT.

A PHILOSOPHIC explanation of *how* a system produces its results is always strong evidence that it does really produce them, observation being thus supported by reason ; on the other hand, if *how a thing is done* cannot be explained, there is always room for doubt that it is really done. The physical senses are not absolutely trustworthy. Color-blindness is a scientific fact. The earth revolves around the sun, and not the sun around the earth. The jugglers and sleight-of-hand performers have so often deceived our senses that we are very sceptical unless our reason is satisfied

as well as our senses. Because of failure in those respects the drug systems are exceedingly vulnerable, the *modus operandi* of their remedies being involved in the same mystery that belongs to their other fundamental principles. No physician will undertake to tell us how alcohol, calomel, or any other drug operates upon the human system. He will say he administers the medicine and gets the results ; but what these results are, whether beneficial or injurious, and how closely connected with the drug, he cannot tell. It is indeed admitted that no one can be certain that the medicine benefits or cures the patient, for the reason that no one can explain *how* it does it. Professor Armor, of the Long Island College Hospital, declares in the *New York Medical Journal* for January, 1873, that

“ Drugs are administered, patients recover, and we suppose we have cured them, whereas our remedies may have had little or nothing to do with their recovery ; very likely it took place in spite of our drugs. We have no distinct instruction in the natural history of disease (I mean uninfluenced by drugs), and hence cannot tell what belongs to nature and what to art.”

In this most important respect the Nutritive-Cure differs from all the drug systems. It not only undertakes to restore sick people to health, but it clearly, definitely, and satisfactorily explains *how it is done*. The *modus operandi* is not a professional secret, and the means of verifying the truth of the system and the value of the measures are not beyond the range of common observation. Any man can decide for himself the reasonableness of the plans, and can apply them in ordinary cases, with results often beyond his most sanguine expectations.

CIRCULATION. Our *materia medica* consists of the natural health agents. Air, food, and water are the materials to be built up into physical organisms, and exercise, rest, sleep, social and religious influences, sunlight, electricity, magnetism, etc., constitute the conditions, while the *modus operandi* is explained through a comprehensive study of circulation. Upon this hinges the most important facts of physical life. Air and food are important materials of subsistence, and the subjects of breathing and digestion are by no means to be despised ; but circulation, which not only uses the materials but renders possible the functions, is greater than all combined. While it is the first function of life, it is also the last ; with it life begins, and with it it ends. We may live indefinitely without food or digestion, and for a time without breathing, but if circulation ceases but for a moment, life is extinct.

NUTRITION. That mysterious process termed nutrition, which takes place *only in the circulation*, and is directly connected with it, suggests the true explanation of these facts. Life is maintained only through growth. All power, vigor, strength, capacity in both body and mind, are produced through nutrition ; and as nutrition takes place only in and by virtue of

circulation, the destruction of life with the cessation of circulation is explained.

We have already seen (Chapter II.), that irritation, unbalanced circulation, and consequent innutrition are the necessary and ever-present existing causes of disease ; can we not now perceive that a restoration of circulation, and consequent nutrition, by means which shall at the same time reduce irritation, is the first and most important element of recovery ? As health, strength, and vigor are in precise ratio to circulation and nutrition, so those are to be improved, developed, re-established, by improvement of these. We have also seen (Chapter III.) how diseases have been not only originally produced by overtaxation of the nervous systems, but greatly aggravated by appeals thereto in attempts to cure them ; so we can readily perceive that processes which shall reduce irritations and corresponding congestions of these organs will be wonderfully effective toward cure. To make these points clear and decisive, however, we must examine more closely the relations of circulation to nutrition.

The fact set forth by the physiologists is undisputed and indisputable, that all nutrition takes place in the capillary circulation, and we consider it to be a reasonable inference that it corresponds precisely to this circulation. It is equally a scientific fact that purification, that other great process of life, takes place only in the capillaries, and corresponds to the vigor of circulation in them. We are not confined to inferences, however. Definite knowledge on this subject has been attained in the same way that we attain to knowledge on other subjects—namely, by experiment. The processes herein advocated as being effective to the improvement of circulation in general, and of the capillary circulation in particular, have been proved correspondingly effective to improvement of nutrition and purification, marked increase of flesh and improved color of complexion resulting with great uniformity.

The processes of treatment of all the schools in cases of drowning, suffocation, etc., produce their effects in the same way—a fact which offers valuable testimony to its correctness. The effects of exercise, movements, massage, rubbings, manipulations, etc., can be explained on no other principle. Common observation also proves that exercise may do good or harm ; and whether the one or the other is wholly dependent upon whether it increases or reduces circulation. We should therefore eat, drink, sleep, work, and respond to all other physical duties with the great aim of improving circulation and consequent nutrition, whereby are life and all its wondrous manifestations.

HOW THE BLOOD CIRCULATES. A knowledge of how the blood circulates is necessary to a knowledge of the plans by which circulation is to be improved ; and fortunately there is no serious dispute among intelligent

physiologists as to the processes of circulation. Our space, however, will not permit a full and complete analysis of this subject, but we propose to examine it only so far as is necessary to point out some of the more important methods for improvement. We quote from Dalton's "Physiology" :

"The circulatory apparatus consists of four different parts—namely :

1. The heart, a hollow muscular organ, which receives the blood at one orifice and drives it out in successive impulses at the other ;
2. The arteries, a series of branching tubes, which convey the blood from the heart to the different tissues and organs of the body ; and,
3. The capillaries, a network of minute, inosculating tubules, which are interwoven with the substance of the tissues, and which bring the blood into intimate contact with the cells and fibres of which they are composed.
4. The veins, a set of converging vessels destined to collect the blood from the capillaries and return it to the heart."

Let us now consider that the heart is a double organ, constituting the *centre* of two entirely distinct systems of circulation—the pulmonic or lesser, and the systemic or general—the right side of the heart being engaged in the work of the former, and the left side in the work of the latter. Now let us remark that while the heart is the centre of these two systems of circulation, the *capillaries* in both cases constitute the *peripheries or opposite extremes*, the arteries and veins existing as the media of communication between the two. These are, indeed, simple channels of transit, while the important functions of circulation are performed in and through the heart and capillaries, the latter being by all means the more important. The heart is *the great centre of circulation*, to be sure, but even this organ performs its functions for the use of the capillaries. In these latter all the important functions of life are performed. In the pulmonary capillaries the blood is purified, while in the capillaries of the general system, that first and all-important function of life, nutrition, takes place, the one function being performed as the counterpart to the other ; in the latter the vitalized portions of the blood are appropriated to the building up of structure, and the waste matters exchanged therefor, causing the blood to be changed from the bright, arterial, pure condition, to the dark, venous, impure state—a fact which necessitates pulmonary circulation in order to corresponding purification. The very existence of any organ is dependent upon these functions ; even the heart itself necessarily requiring for its vigor and activity circulation in its capillaries. Muscle and nerve, body and brain live and grow only as the result of these first and all-important interdependent systems of circulation. Additional processes of purification take place also in the capillaries of the liver, kidneys, skin, etc., so that it may truly be said that wherever either purification or nutrition takes place, it is always in the capillaries of the organs, and never in the veins, arteries, or large cavities thereof. In reality, therefore, *the Nutritive-*

Cure resolves itself into a system for the comprehensive development of circulation in the capillaries, and consequent nutrition and purification throughout the organisms submitted to its processes.

CAPILLARY CIRCULATION. That for which all the other departments of circulation exist, for which all organic functions are performed, how shall it be improved ?

First : Through a conservative use of the vital force to this end. Vitality in the organism is the first and all-important agency in the performance of all vital functions, any mechanical or other means being applicable only under control of the vital principle. The best appliances known to art are only valuable as auxiliaries thereto, to be used by it as aids or conditions, but never to thwart or oppose vital operations. The first principle of our system is expressed in the phrase " Vitality cures " ; and the second is like unto it : " The rapidity and certainty of cure depend upon the amount of vitality " ; so that all appliances calculated to improve circulation and consequent nutrition, thereby increasing the vital forces, must be such as will not reduce or deplete them beyond certain and prompt restoration. Nutritive-cure processes use vitality to produce vitality, never to reduce it. The elasticity of the circulating vessels under the influence of the vital forces of the organism have more to do with circulating the blood than any other single agency, the relaxation of the vessels, which causes congestion, being dependent upon failure of the vital powers as well as upon obstructions in them. But as the organism makes use of a variety of mechanical and chemical principles to aid its vital operations, so the skilful physician may apply these in extraordinary degree or manner to meet extraordinary conditions, or supply extraordinary wants ; but depletion must not be permitted, the reason being more fully set forth in Chapter III. of this work.

All vital functions, including circulation, being ultimately dependent upon vitality, the accumulation of this force is what is sought at all times ; and to this end rest is the important condition. This should always alternate with every form of treatment. And by rest we mean chiefly and pre-eminently mental quiet. Muscular motion is not always opposed to rest, but mental activity is ; especially that activity which grows out of dissatisfaction, disquiet, doubt, fear, hopelessness, misanthropy, etc. Faith, hope, and charity are among the most valuable agencies that can be brought to bear upon a patient to induce rest. Faith, which sustains the sinking spirit ; hope, that buoys him up and bridges him over his pain and suffering ; and charity, which insures a mental peace, quiet, love, satisfaction, are worth millions of gold to the sinking soul. Let there be sleep, if possible, with content, satisfaction, confidence, trust, and circulation and nutrition will surely follow.

Second : By withholding or withdrawing the obstructions to its normal operations. The capillaries are minute, hair-like, microscopic vessels, about 1-3000 part of an inch in diameter in the human body, both ramifying and investing all structures in such way as to bring every fibre of the body into intimate contact with the blood in these vessels. Their size, situation, and functions, therefore, render them peculiarly liable to obstructions. Impurities which would readily circulate through the heart or arteries without inconvenience frequently lodge in the capillaries, and totally obstruct the circulation and nutrition of the part. Indeed, it may be stated as a self-evident truth that all obstructions, injuries, diseases—that all impurities and debilities that afflict any organ or organism result from obstructions of, and take place in, the capillaries of that organ or organism. The great concerns of the organism are dependent upon the little affairs ; the circulation as a whole upon circulation in the varied parts ; the development of structure upon nutrition, which takes place in the minute capillaries. Unquestionably the irritants which cause boils, ulcers, erysipelas, small-pox pustules, rheumatism, sprains, bruises, and all other inflammations, produce their effects by first obstructing the capillaries, whence we have irritation, congestion, inflammation, ulceration, pain, and the accompanying excitement of the general system denominated fever. In this way irritants or poisons introduced into the circulation through the breathing of impure air, the drinking of impure drinks, the eating of impure or unwholesome foods, become the cause of violent and destructive diseases, by irritating and obstructing the capillaries of the system.

HIGH LIVING. We have here the explanation of the evils connected with the use of rich food, or what is popularly termed high living. Such a term is a misnomer. It is the worst kind of living—of low living—because it defeats its own ends. It fails to nourish, because the feeding is overdone. Every person should eat such food and as much of it as can be properly prepared, circulated, and used, and *no more*. Every addition obstructs the process of nutrition and brings a wearied and suffering condition upon the patient, which explains the ennui, inertia, debility, laziness, and generally enfeebled condition of thousands. Whoever would have good capillary circulation and consequent health and strength should carefully avoid all causes of obstruction ; should eat only such substances as are required for the proper development of the organism ; should, indeed, *eat to live* and grow strong, *not live to eat*. Blood thickened from excess or because of impurities is frequently a cause of such obstruction. More people suffer from thick than from thin blood, and those who suffer from the latter suffer from it as a secondary condition, not as a primary one. Blood which is thin but pure and properly vitalized will be easily

circulated, quickly used, and strength and vigor will result ; but if thick from any cause, so as to pass tediously and laboriously through the capillaries, nutrition will be correspondingly obstructed. Sugars, candies, and other sweetmeats are therefore great causes of obstruction. All spices, including pepper, mustard, common salt as usually employed, are injurious condiments. Tea, coffee, cocoa, spirituous, vinous, and malt liquors, are all excitants and irritants, tending to inflame the capillary vessels, and so produce dangerous diseases. That capillary system which is in an inflammatory state as the result of these substances, may at any time be excited to extraordinary activity by any sudden change of temperature, accident or external injury, so as to produce violent inflammations or fevers ; whereas, if the blood were pure and the capillary circulation undisturbed, no such inflammation or fever could take place, even though the exciting causes were brought to bear.

OVEREATING is well known to be a cause of ill health, but it is popularly supposed that the evil results from overloading the stomach, whereas the mischief lies in overloading the circulation. More blood than can be circulated and appropriated causes congestions, which produce serious diseases. To overload the stomach is to make a person uncomfortable, to be sure ; possibly to derange digestion and cause dyspepsia ; but by overloading the circulation we have obstructed livers, kidneys, brains, sometimes followed by nervous disorders, apoplexy, paralysis, epilepsy, etc. Overloaded circulation is a common condition, much more prevalent than overloaded stomach. Sugars, candies, milk, butter, and eggs even, when freely used, tend to the former conditions ; while the latter is caused by the solid and often wholesome foods. To introduce into the stomach abundance of food of such character as the system requires is excellent practice, and difficulty of digestion is no objection to the food, provided it can be digested at all. Ease of digestion, on the other hand, may be a serious objection, while foods that pass into the circulation without being digested at all, are, under ordinary circumstances, to be rejected.

One word more as to the foolish habit of stuffing patients in order to make them grow strong. Physicians, friends, and patient all agree that the latter is suffering from want of nutrition, and immediately, with a senselessness that is marvellous to behold in a man claiming to understand physiology and the laws of the organism, food in excess, such as beefsteak, beef-tea, rich food, cod-liver oil, etc., is urged upon the unoffending stomach. There seems to be afloat among the people an indefinite idea that food is nutrition, so strong that the common-sense of the medical man is overborne, and more food is urged, whereas better circulation is what is needed. Thousands die yearly for want of nutrition, but very few for want of food, and not one in ten for want of digestive power ; but in

every case, through all the generations, from the first man to the last, men die for want of circulation.

FASTING. As overeating is frequently a principal cause of obstructed circulation and nutrition, so fasting is a valuable means of restoring these. When any machine is crowded it will fail to do its work, and the proper plan is to cease feeding it. The organs will thus be enabled to free themselves from the obstructions by using up the material or casting it out.

But fasting is an important agency for improvement of circulation for other reasons, principal among which is this : a large amount of vitality which is usually employed in digesting, absorbing, vitalizing, and circulating new material is thereby liberated for other uses ; so that, whereas, while feeding fully there might be lack of vital power to carry forward the ordinary functions, the withholding of food allows such a liberation of this power for other uses that most excellent effects are obtained.

Feeding determines the vital power, and consequently blood, largely to the internal organs, while fasting allows this vitality, and the blood correspondingly, to be distributed to the surface and extremities, thus equalizing circulation and removing congestion. In cases of colds, inflammation, fevers, or of persons suffering from accidents, broken bones, dislocations, sprains, bruises, burns, as well as in cases of intense labor or excitement of any kind, where vital power is needed in an extraordinary degree, a temporary fast will liberate this power and give most marked and favorable results. It is folly to suppose that food is equivalent to vitality, or that vitality immediately follows the use of food. It rather absorbs vitality and prevents a general expression of it, and hence, under all circumstances where an immediate expression of vitality is required, fasting is a most important means of getting it. Of course fasting cannot be continued indefinitely, because food is necessary to the building up of vital organs ; but if people, when extraordinary emergencies are upon them, would but learn the importance of fasting, they would recover from difficulties in half the time they usually do. No one need fear that he will starve if he should fast for one, two, three, or more days, Dr. Tanner having proved conclusively that men can live a much longer time without food ; and some of the most important cures that we have ever made have been the result of fasting for one day or more, while abstinence from food for a meal is frequently advised in cases of illness. At such times nature usually rejects food, and it should never be urged until there is a return of appetite in some degree at least.

RETAINED EXCRETIONS. The secondary effects of bad habits of eating upon the general system, through overtaking and obstructing the organs of excretion, are even more deleterious than the primary ones. Food which obstructs the capillaries of the general system is surely a great

cause of innutrition, but that which obstructs the organs of excretion in addition, causing the excretions to be retained and circulated through the capillaries, poisoning the centres of life and hindering the process of nutrition, is certainly much worse. The organs of excretion are the liver, kidneys, bowels, lungs, etc. ; and faulty action of these, resulting from enfeebled condition, is one of the greatest causes of impurity of blood, and consequently faulty circulation and nutrition. No organ of the body is more readily deranged from the effects of improper diet than the liver. Being itself an organ partially devoted to the preparation of food for use in the organism, it the more readily becomes obstructed from the presence of improper food. Various substances, such as butter, sugar, grease, albumen of eggs, oysters, etc., being absorbed, pass directly into the portal circulation to the liver, where they undergo changes which shall make them fit for use in the organism ; and inasmuch as these substances are employed by the people in general, greatly in excess of the needs of the organism, liver derangements have become very common, causing biliary matters to be retained in the circulation to the obstruction of the function of nutrition. It is an unsettled question whether sugar and butter are proper food at all, and we certainly are warranted in saying that the extent to which they are used is in violation of all good dietetic rules. The use of candies by children and adults is an outrage upon the human organism, and these in connection with other unhygienic articles render persons fit subjects for rheumatic, gouty, and inflammatory diseases. Indeed, obstruction of the liver we believe to be an invariable concomitant of these ailments. The kidneys, too, sympathize with the conditions of the liver, so that if the latter fails to perform its functions the former are immediately affected, and various diseases, due to the impurities in the circulation, that should have been eliminated through the kidneys, are the result.

The skin is not less liable to failure in its functions than is the liver or kidneys ; and yet it is, if possible, a more important organ of purification than either. A grown person passes off, probably, two pounds of perspirable matter every twenty-four hours, the process continually, though insensibly, going on. These matters, if retained, produce untold mischief, and as a failure on the part of the liver necessitates thickened and impure blood and overtaxation and failure on the part of the skin, it is readily perceived how improper food causes a variety of diseases. It is also to be noted that a failure on the part of the liver to perform its functions causes retrocession of blood from the skin to the internal organs, thereby enfeebling the skin for want of circulation, and obstructing the internal organs because of congestion. Under such circumstances the person becomes exceedingly sensitive to changes of temperature, which

add to the difficulty by checking still further the external circulation, producing colds, coughs, consumption, etc.

The bowels are also directly dependent upon the liver for the proper performance of their functions. If the liver fails to secrete bile and pour it into the bowels to be mixed with the contents, so as to lubricate the membranes and render the passage through the varied avenues easy, the *fæces*, which are exceedingly offensive to the vital instincts, are partly returned to the circulation, thereby poisoning the very centres of life. Whoever would have a good action of the bowels must have an abundant secretion of bile by the liver, and to this end diet as well as other conditions must be attended to. The liver should have its proper work to perform as well as should all the other organs, but no more labor should be imposed upon it than it can endure, and every attention should be directed to the production and maintenance of a good circulation and consequently good nutrition within it. So with the kidneys, the skin, the bowels and the lungs: care should be employed by which full and complete circulation shall be maintained throughout them.

Among all the organs of purification, however, none are more important than the lungs. They are, indeed, both organs of purification and nutrition. They supply to the system that which is absolutely necessary to its up-building, as well as carry out of the system substances which, having served their purpose, can be retained only as impurities to obstruct the circulation. And here, again, we perceive the importance of a proper diet. The lungs are enabled to perform their proper labor, but no more should be required of them than they are capable of doing. They should not be burdened with unnecessary materials. The lungs are engaged in carrying out the carbonaceous matters found in abundance in all food; but if by the use of fat, butter, sugar, starch, etc., the matters are supplied in excess, the lungs will be overworked, circulation become obstructed, and positive disease follow. It is, indeed, fully settled that tubercles in the lungs are the result of breathing insufficiently of pure air, but whether the fault is in the enfeebled condition of the lungs, or from an excess of impurities introduced through the stomach, or from lack of pure air, is not clearly defined. No doubt each one of these causes contributes to their existence. Indeed, judging from the amount of candies, sugar, greases, starchy substances, that are used by the people, we feel certain that the difficulty originates in what we eat quite as much as in what we breathe. Good food, therefore, as well as pure air, abundant breathing and digestion, full action of liver, bowels, kidneys, skin, and, above all, good circulation, are necessary to good nutrition; but that there is failure in one or all of these organs is one of the plainest facts of life, which explains the feebleness so common among the people.

Faulty nutrition is the commonest fact of life. It is almost impossible to find a person whose nutrition is perfect. In some department of the organism there is failure. Either brain or nerves or muscles, either lungs, liver, stomach or kidneys, skin or bowels, are enfeebled, and all the disastrous effects thereof can be ascribed to any one of a dozen causes. Beginning with errors in diet, we have immediately following obstructions of liver, kidneys, skin, bowels, lungs, the operations of each of these organs being dependent on the substances used as well as upon their vigor, and their vigor dependent upon good circulation.

Capillary circulation is the basis of nutrition, but it is equally true that nutrition and capillary circulation depend upon vigorous action of the various organs of the body. In this complex machine, when one organ becomes deranged all the others sympathize, and when one evil has been consummated a hundred others follow. Our wonder is not that men are sick, but that they are so well ; it is not that they are feeble, but that they are enabled to live at all. Surely, God is good, and nature is careful for her own necessities, or death and destruction would quickly follow in the wake of sin and wrong.

There is but one way to perfect health, as there is but one way to purity of life, and that is to begin at the beginning. Cut off the first excess, avoid beginnings, abstain from the first sin, resist the first temptation ; live a life of purity and holiness, as the great necessity to health and happiness. To do this is to attain to power not dreamed of, to enjoy capacity beyond comparison. The feeble ones know little of the power that is naturally within them. They have become so accustomed to their aches and pains that they are content daily to grapple with disease, scarcely believing in better conditions, like him who never saw the light, denying the existence of light. Never having had health, they do not know the glories of health.

EQUALIZING THE CIRCULATION. Circulation which is perfectly balanced is easily performed, but with the balance destroyed the labor is increased, and the heart and general circulatory system correspondingly depleted. The unequal distribution of blood is a concomitant of all diseases, the result of irritation, the first process of disease. Action of any part induces flow of blood to that part, and the excessive action of irritation consequently induces excessive flow of blood, which with corresponding relaxation of the blood-vessels constitutes congestion. Now, with too much blood in relaxed vessels at one point there must be too little at another point with vessels contracted, which means unbalanced and inefficient circulation and consequently obstructed nutrition. Equalizing the circulation, therefore, comes to be a most important measure for improving it. This is accomplished :

1. By soothing irritation and relieving pain ;

2. By warming and relaxing contracted and depleted parts, while congested parts are cooled and contracted.

• It is wonderful to what extent soothing appliances are effective for improvement. These may be applied directly to the irritated part, or to parts in direct sympathetic connection with it. The schools employ counter-irritation on this plan for the same purpose, on the principle of "curing one disease by producing another." We prefer hot fomentations, as being altogether superior for immediate relief, while no injurious, painful, or annoying difficulties are left behind as is the case in counter-irritation. Take a flannel cloth of sufficient size, fold it twice, making four thicknesses, and wring it out of water as hot as can be borne, and lay it on the part, covered closely with several thicknesses to keep it warm. As it cools, say in five minutes, repeat the operation, which may be continued for from ten minutes in mild, to hours in extreme cases. It fulfils the same indications, and may be used on the same principle, as blisters, mustard plasters, etc. On the bowels in colics, on the chest in pneumonia, or upon inflamed joints or other parts in cases of bruises, sprains, gout, rheumatism, etc., the soothing effect is often remarkable, and congestions are correspondingly relieved and nutrition improved. Frequently it is wise to alternate the hot cloths with linen ones of four thicknesses, wrung out of cold water, or these cold compresses may follow and wholly take the place of hot ones for a time. Indeed the effect is always excellent to have the cold wet compress applied to the part after the hot ones have been withdrawn, and these may be continued indefinitely or until complete restoration is effected, being re-wet as often as they become somewhat dry.

HOT AND COLD TREATMENT. In cases of congestion a most important result is obtained by the application of hot to the spine at the point at which the nerves are given off to the organ which is irritated, inflamed, or congested; while cold wet cloths, frequently re-wet and kept cold, are applied to the congested part. Hot fomentations to the back of the neck and head, with cold cloths over the forehead, are wonderfully efficacious in controlling circulation in the head. In congestion of lungs, pneumonia, hemorrhage from them, place the hot cloths between the shoulders, change every five or ten minutes, and cold cloths over the lungs in front, changed equally often. In hemorrhage of lungs I have found most marked results from ice rubbed over the chest while the hot cloths were in position behind. The hot cloths must not be continued too long in these cases—say not more than half an hour to an hour and a half. When removed, the wet cool cloths should be put in their place and allowed to remain unchanged for hours. In liver or bowel congestions or inflammations, in diarrhœa or dysentery, apply the hot fomentations behind the

stomach and bowels, and the cold ones in front, as above. In uterine congestions and hemorrhages the hot should be applied over the sacral nerves, and ice may be introduced into the vagina and rubbed over the lower part of the abdomen. This treatment both contracts the relaxed blood-vessels and soothes the congested parts, and hence restores normal conditions with great certainty.

GENERAL TREATMENT. In all such treatment it must never be forgotten that the surface and extremities must be kept warm. Local irritation, congestion, inflammation, and hemorrhages are dependent largely upon failure of circulation in the general system, and as the surface of the body is in intimate sympathetic relation to each part locally irritated or congested, soothing and warming applications to the whole person are wonderfully effective to the removal of irritation and consequent congestion. General treatment should therefore precede or supplement the local appliances. Hot bricks or bottles to the feet, thighs, arms, hands, etc., are desirable ; or what is altogether better, the hot full bath, in which the person is immersed in water at from 100 to 110 degrees for from five to fifteen minutes. I have obtained heretofore most marked results in internal disorders from this hot full bath. In colics, bowel inflammations, inflammation of lungs, pleura, croup, diphtheria, it is the first and all-important appliance, being often sufficient of itself for complete relief, and followed by rest and recovery.

In cases where derivative effect is chiefly sought, or the desire is to produce perspiration, we advise the hot sitz and foot-bath, the patient sitting in a tub of hot water, say at 102 to 110 degrees, with cold cloths frequently applied to the head, the patient being covered and nicely tucked round with a blanket, to prevent exposure. He may sit in this hot water for from five to twenty minutes, about ten minutes being an average to induce free perspiration. While in any hot bath, the temperature may be increased very considerably by additional hot water, to supply heat that is lost by radiation. For apoplexy, congestion of brain, or of other portions of the body, including colds, croup, pneumonia, etc., it is excellent. Indeed, in the majority of cases it will be effective equally with the hot full bath, and in many cases superior to it. Such treatment soothes the irritations, relieves pain, relaxes contracted external blood-vessels, and contracts the internal, distended ones, and of course correspondingly restores circulation, nutrition, and health. Generally these hot baths should be followed by cooling appliances ; a sponging all over with tepid water or the dripping sheet, or the wet sheet pack for an hour in severe cases of inflammation or fever, especially in diphtheria, croup, inflammation of lungs or pleura, violent colds, varied forms of fever, etc., after which the sponge-bath or dripping-sheet should be employed. In all cases

the head must be kept cool and the feet warm, both while taking treatment and before and after. Hot bricks or bottles of hot water to the feet, and cloths frequently wet in cold water to the head are the usual means. All processes of water treatment should be finished by rubbing dry with a sheet thrown over the person, and be followed by dry hand-rubbing to preserve complete warmth.

MOVEMENTS, MANIPULATIONS, MASSAGE. The processes just described, and indeed all water-cure processes, are peculiarly applicable to the treatment of acute diseases, such as irritation, inflammation, fever, etc., in which soothing appliances for the regulation of temperature are the important consideration, and in which prompt, decisive, and readily applied measures are required; but for lingering, chronic ailments, where treatment must be continued for months or years, we place greater reliance upon movements, manipulations, etc. There is no strict line of demarkation, however, between the two systems—Water-cure and Movement-cure—any more than there is between acute and chronic diseases. As chronic diseases are always liable to acute stages, and acute diseases to chronic stages, so Movement-cure and Water-cure are applied interchangeably according to the conditions. Water-cure appliances, if used cold, are toning but ultimately relaxing, while hot treatment directly relaxes and soothes; but this very relaxation tends to reduce circulation and consequent nutrition, and hence Water-cure must be employed for immediate and temporary effects rather than as a continuous appliance. A vigorous constitution in certain cases may be greatly benefited by treatment which would otherwise deplete it; it should be seen to that the benefit shall more than counterbalance the evil of reaction. For continuous treatment, as in lingering diseases, where it is desirable to avoid reactions, the Movement-cure, including manipulations, massage, etc., is altogether superior. For chronic ailments these are rapidly attaining to decided reputation as a means of improving health and vigor in invalids, and though the *modus operandi*, or methods of operation, are not generally understood, even by the profession, physicians are, nevertheless, adopting the methods because of the certainty of results.

The principles of the nutritive cure alone explain the propriety of the processes as well as the proper modes of application, and in order to a comprehensive understanding of these we must know *how they operate*; and to this end let us note that the capillary vessels constitute an elastic, compressible network, ramifying all the tissues of the body. Having no particular course, they inosculate—that is, open into each other, so that the blood can circulate in any direction which the position of the structures will render possible. These vessels may be compared to the capillaries in a sponge or a piece of cloth, or to any other compressible sub-

stance which is made up of innumerable pores alternating with solid structure. Let us now compare a piece of flesh whose capillaries are filled with blood to a sponge whose pores or capillaries are filled with water, and let us ask ourselves how that water can most readily be made to flow out and flow in again. Is it not by alternate contraction and relaxation consequent upon pressure, and letting up of pressure? Just so, by alternate contraction and relaxation of the vessels of the flesh, blood is made to circulate through it, and both nutrition and purification are correspondingly increased. Every one knows that to dip a dirty sponge in water and alternately press upon it and let up pressure will cause the impurities to be washed out and circulate through the whole mass; so the tissues of the whole system are both purified and nutrified by these processes of circulation, the impurities being carried to the lungs, bowels, skin, etc., to be cast out.

Among the movements which accomplish these results we note, first, varying position on the part of the body and its limbs. The muscles of the human body determine the position in which it shall exist, and these muscles, through contraction in some parts and relaxation at others, and by shifting this relaxation and contraction from part to part, which is done every few seconds, even when the body seems to be at rest, aid very wonderfully in the circulation of the blood. This explains the great relief always experienced from change of position, and the necessity of it is so great that intense suffering, exhaustion, and even death will follow from placing an organism in a constrained and immovable position. Deprive any man of activity, and his position becomes intensely irksome to him, because of the lack of opportunity for efficient circulation; but place him in a constrained position, one in which some of the vessels of the body are greatly pressed upon while others are relaxed, and the obstruction to his circulation is so great that the position becomes unendurable.

We have here one of the reasons for the restlessness of all persons depleted in health. It is impossible for them to be quiet. They seek change. Any steady position is irksome. The well man will lie quietly and sleep, but the invalid tosses by night and by day, always hoping that some new posture will be easier than the present one, and the change indeed does seem to be temporarily beneficial. This principle explains the benefits of carriage and horseback riding—in fact of general exercise, work, play, etc.—and if these bring into action successively the varied parts of the body they work wonders.

NUTRITION AND VIGOR. The Movement-cure, however, is not only superior to but includes all such movements, and it is therefore without doubt the great scientific means of developing health and vigor in those who need its aid. It is adapted to the feeblest invalids as well as to the

robust man, and when scientifically applied accomplishes the most wonderful results both in the preservation and recovery of health. Its successful application, however, requires that we do not forget the important fact that unbalanced circulation, congestion, too much blood in certain parts and too little in others, is the existing condition in all cases, and that the means are to be intelligently applied for the purpose of diverting the current of circulation away from the congested organs to those which are depleted of blood. These appliances, including massage and manipulations, when administered on correct principles, with an intelligent conception of these facts, are capable of certain and immediate results, while no injurious reactions follow, unless the treatment is overdone—a thing which may happen with any methods in the hands of unskilled persons.

Now, let us note that congestions are almost invariably of internal organs, including the brain and nervous ganglia, and that appliances to be useful must be such as to determine the blood to the surface and extremities. In most cases, therefore, the treatment is comparatively simple, and not at all liable to be misapplied, while, of course, difficult and pronounced cases will need much skill and care in order to get the best results. It is only to be remembered that no treatment should call out nerve-force in very great degree, because to do so is to induce reaction to the nerve-centres and their consequent congestion. It is for this reason that gymnastics and other vigorous exercises are often injurious rather than beneficial. For feeble or difficult cases, no appliances are so simple, easily managed, and less liable to misapplication and injury than manipulations. The massage, now so frequently employed by the old-school physicians, is capable of much good and little likely to be productive of injury, if used with a reasonable degree of discretion. Of course the greatest difficulty consists in wrong principles, which induce violent and prolonged applications. Manipulations and massage can be overdone, and we advise, therefore, that the patient err on the side of too little rather than too much treatment. In the administration of these methods, a healthy attendant is required, and they should be applied while the patient is lying in bed or on a couch in an easy position. Let the attendant grasp a bare arm near the shoulder, and squeeze, rub, manipulate over the whole surface steadily and consecutively; then grasp another arm, and treat in the same way; then each leg; then abdomen and chest, and finally the back, rubbing and rolling the flesh until it is warm and in a glow. This treatment may be applied to a part of the body as well as to the whole, but always in such way as to divert the circulation away from congested, inflamed, and sensitive parts.

PROMPT TREATMENT FOR ACUTE DISEASES.

It is surprising, to those who are uninitiated into the mysteries of medical science, to what extent the varied forms of acute disease are alike in their incipient stages. Measles, scarlatina, diphtheria, small-pox, common cold, pneumonia, even typhoid and typhus fever, have so many points in common during the incipient stages that the patient is unaware of his own condition, and were it not for the succeeding symptoms, even the practitioner would be deceived as to the name of the disease actually afflicting the patient. The Nutritive-cure treats conditions and not primarily diseases, and hence inasmuch as the initial conditions are so similar in a great variety of diseases, the treatment of the patient at this stage is essentially the same in all of them. Here is a child, youth, or grown person, who has lately come to feel ill, having headache, lassitude, weariness, with chilly sensations alternating with flashes of heat ; the skin continues to grow hot and dry, the patient is drowsy and listless, the pulse full, strong, perhaps hard ; there may be some soreness of the throat. The patient may have a cold, or incipient croup, diphtheria, scarlet fever, measles, small-pox, typhoid, or almost any other acute disease, the diagnosis of which can only be completed as the succeeding symptoms become developed.

But the diagnosis at this stage is really of little consequence. The conditions of the patient indicate the proper treatment, and the following will be found to fulfill the indications in a very complete degree.

In the first place, give the patient a hot full bath, immersing him in water up to the neck at a temperature of 105 degrees or thereabout ; or if this is not convenient, give him a hot sitz-bath in connection with a hot foot-bath, the upper portions of the body being covered with a blanket and a wet towel placed upon the head. Either of these baths is to be continued from five to ten minutes, according to the vigor of the patient and the degree of heat in the body. In all ordinary cases, and in most others, the bath may be continued ten minutes or even more, until perspiration follows, if possible ; or until the heat becomes well distributed throughout the body. If free perspiration is induced, follow with a full bath of tepid water, in which the patient is immersed all over and rubbed vigorously for two minutes ; or, if the full bath cannot be had, wrap around him a dripping wet sheet just taken from water at about 90 degrees, and rub him well with it, and then pour over him a pail of cool water, say at 85 degrees. After either of these baths, throw a dry sheet over the patient and rub him dry, and have him retire immediately to bed.

During the hot bath, nausea and perhaps vomiting may occur. If

nausea, to prevent vomiting, sip ice-cold water, and have on the head a towel wet in cold water and rewet frequently ; if vomiting, let the patient drink abundantly of hot water, which will either settle the stomach or cleanse it of biliary impurities. If free sweating does not follow the hot bath, but the patient is greatly heated, then a wet-sheet pack, in which the patient is enveloped in a wet sheet, or two of them, covered with several blankets drawn closely around the neck and body, as is described in our work on water-treatment, and continued for from thirty minutes to one hour, according to the severity of the case and the strength of the patient, to be followed by the tepid full bath or dripping sheet, and rubbing as before, and rest in bed.

The patient, who has heretofore been eating freely, no doubt, should now abstain from food for several hours, or in extreme cases for several days, this point to be regulated somewhat by the appetite and capacity to use food.

The symptoms described as preceding these diseases generally occur in the evening, and the treatment should not be postponed till next day, but should be promptly administered, and the patient will need no more attention in the majority of cases till morning. Through the following day, if the case continues as before, the patient may rest in bed, simply waiting, eating little or nothing ; but in the evening if the conditions are still unchanged, repeat the operation of the night previous. The second day of the treatment, which will be the third or fourth of the disease, will certainly determine what the case is, and it must then be treated on its own merits. If it was simply a cold, and the patient has been judiciously managed, he will be well. If croup would have followed without treatment, it was probably prevented by the prompt treatment ; or, if it did actually appear, the coldest applications to the throat should be used in addition to the other treatment, and repeated every few minutes to retain the temperature at about the normal point, and so prevent the formation of a membrane.

The same treatment is appropriate for diphtheria, and in the majority of cases I think it will be efficient to the cure of the disease. If it be measles or scarlatina, the characteristic rash will, under this treatment, invariably appear in due time. The same may be said of small-pox, or any other exanthema. If it be typhoid or other fever, it may continue in spite of the treatment, but if similar treatment be judiciously persevered in, the worst fevers will become comparatively harmless. As the fever subsides, the sponge bath once a day should take the place of the pack, and after the complete subsidence of the fever, no bathing should be administered, but in its place mild rubbing, according to the strength of the patient.

It must be remembered, too, that treatment should always be administered, if possible, at or just before the fever reaches its highest

point, whether this occur at morning, noon, or night, or at any other time. *When a fever is declining*, too vigorous treatment might cause injury.

In the incipient stages of all acute diseases, there will almost invariably be loss of appetite, and this is nature's indication that the patient is unable to appropriate food. It should, of course, be withheld, and no attempt should be made to induce the patient to eat until appetite returns, even though this might be several days or two or three weeks thereafter. As convalescence takes place and appetite returns, great care should be observed in giving the patient food. He will be very likely to overeat if not restrained by judicious management. Gruels are the proper forms of food, hearty meals being entirely contra-indicated in all such cases.

Pneumonia is a very serious disease under the forms of treatment usually employed, but under Nutritive-cure processes it is among the simplest, if treated from the beginning. The symptoms will be oppression in the chest, difficulty of breathing, cough, great heat and pain about the chest, indicating the employment of the hot bath, followed, perhaps, by the pack, and always by a wet compress, made of four thicknesses of linen, wet in water and laid on the chest, and covered by dry cloths, and never left on to get dry, but should be often re-wet as long as the heat continues. Similar applications to the throat, or to any other part of the body that is heated, is appropriate and often absolutely necessary.

Under this treatment it is surprising how satisfactorily the symptoms will disappear. In measles, scarlatina, small-pox, the eruption will appear promptly, and the oppression and other severe symptoms be relieved ; and the great beauty of this treatment is that it is beneficial in all cases, no matter what the disease, provided the fever is present. This is, indeed, the treatment for fever, whether it be idiopathic or symptomatic, whether it is characterized by one name or another. After the fever subsides, rubbings and manipulations properly take the place of the baths, and the treatment is such as is appropriate to chronic diseases or diseases of debility. The aim is then to build up the vital system by improving circulation and consequent nutrition in it.



APPENDIX.

THE FACTS AND THE TESTIMONY.

IN corroboration of the truth of the principles of the Nutritive-cure, we appeal to the facts and to the testimony, a plan which is recognized by highest authority as eminently proper. It is, indeed, an important peculiarity of science that it requires that the facts shall sustain the theories, as well as the theories produce the facts. In pursuance of this method on medical subjects, however, we do not forget that we lay ourselves open to criticism, no matter how wise and proper the plan is conceded to be in other departments of human effort. There has been so much impudent fraud, and so many preposterous claims, that it is not wonderful that the people are nauseated with them; and yet it must not be forgotten that the existence of much error does not render the truth impossible, and that he is not wise who, because of being once deceived, never again believes in anything.

Commencing with the year 1873, the methods of the Nutritive-cure have been applied under supervision of its originators, and many hundreds have been restored to good health, and hundreds more have been greatly benefited by even a slight trial of its virtues, testimonials to which facts might be furnished *ad libitum*, but we prefer to cite a few cases, and give the statements of persons whose diseases had been proved incurable by the ordinary methods, and thence infer the less from the greater. A case or two from each of numerous forms of disease is offered, our space preventing a more extended record. If cases such as these have been restored, surely few need despair of health. The credit of these results is due to a new application of principles, and that there has long been opportunity for discovery and application of better principles and improved methods in medical art, who can doubt? While the collateral sciences are making rapid strides toward truth, the science of medicine ought not to be left to failure and decay; and that the quacks, both learned and ignorant, have abused their opportunities and disgusted the public with arrogant claims, ought not to wholly prevent the statement of new truths, and of the facts which testify thereto. Let the reader remember we are not offering for his acceptance a secret compound which on its face suggests fraud, but are advocating a great system which is capable of both application and verification by the reader.

DISEASES OF THE HEART.

These are among the most intractable ailments that the physician is ever called upon to treat, especially that form of it denominated organic disease, in which the structures of the heart have been altered from their normal condition, and the functions thereof correspondingly deranged. Functional diseases, on the other hand, may be readily curable or positively incurable, depending upon the causes of them. This form invariably results from sympathy of the heart with other diseased organs, and the cure depends upon the breaking up of the original difficulty. The treatment of functional derangements, therefore, is properly included in the treatment of the diseases causing them, and we, therefore, restrict ourselves for the present to a consideration of organic diseases of the heart and their treatment. These cases, though long considered incurable, are not, we affirm, necessarily so. The tendency to return to normal con-

ditions when the abnormal causes are withdrawn, is so great, especially in vigorous constitutions, that even a structurally diseased heart may be entirely cured, provided there is still capacity for improvement of the capillary circulation, whereby the labor of the heart is correspondingly reduced, while nutrition throughout the organism is increased. The heart exists at one end of the circulation, and the capillaries at the other, and to improve the functions in one part is to reduce the labor and improve the conditions of the opposite part. The Nutritive-cure operates upon the principle of improving nutrition through increased capillary circulation, and hence, of necessity, heart diseases are promptly relieved, and, in time, often cured. The system is not any more certain in its effects, however, in these diseases than in any others, but it is applicable and certainly and permanently efficacious in every disease known to the pathologist that is curable by any means under the heavens. Of course it is not claimed that all cases of organic heart disease are curable ; but that some are the following will show :

Case No. 1.—The author's own case is worthy of mention. Twenty-two years ago he was pronounced to have organic disease of the heart, valvular, which had produced enlargement of the organ, and taken in connection with numerous other ailments, was pronounced incurable by high medical authorities. During the space of five years he was subject to the most violent palpitations, causing the whole body, and even the bed in which he lay, to vibrate in response to these agitations. For many years every beat of the heart was audible to the ear while lying down, and for fully ten years he was unable to endure the least excitement, either mental or physical, without inducing intermission of the beats and disturbing the circulation to a very great degree. A rapid walk upstairs, or the attempt to run a rod or two, would be very prostrating.

In connection with this difficulty he had enlargement of the liver ; partial hemiplegia, at one time having lost wholly the use of the left arm ; dyspepsia and general mental and physical prostration. He was reduced in weight below 100 pounds, though this was after the heart disease had begun to be reduced, while his present, weight is 150. He suffered with violent rush of blood, with constantly great heat in the head, and cold feet and hands.

These difficulties were largely, no doubt, the result of drug medication, employed to cure comparatively slight ailments, which might have been easily regulated by a little knowledge of hygiene. True, he had formerly been paralyzed from head to foot by an accident, which had caused such inflammation of all the organs in the thorax that, on the left side particularly, there are adhesions throughout the structures, ribs, pleura, lungs, etc., being all adhered.

The treatment employed for this case was essentially similar to that which is advocated in this work, and, no doubt, the value of the methods here employed were discovered through personal application, which has latterly been extended to the treatment and cure of great numbers of invalids. That this system has grown largely out of personal experience surely does not detract from its merits ; for no one can be more interested in a thing, or likely to discover the exact truth with regard to it, than he whose life depends upon the discovery of the truth. Personal experience suggested the truth, while professional experience, which has been continuous for over seven years, has justified the propriety of the methods.

Evidence of the Cure.—The author has been examined for life insurance three times during the last two years, and though rejected in two companies because of the *history* of the case, but accepted in the third, each examiner has remarked upon the excellent condition of the cardiac organs, and has recommended the acceptance of the applica-

tion in spite of the bad history. No vestige of the disease seems to remain, while the general health has never been as good as it is at the present time, his capacity to labor, endure, and carry heavy responsibilities surpassing the most ardent hopes of the past.

Case No. 2.—The following is of a young man who became an inmate of our institution some two years ago, suffering with clearly defined regurgitant murmurs in the heart, and an enlargement of the organ. The difficulty had been brought about by excessive labor while in a debilitated state of the system. The general health was very considerably reduced; had been in bad condition for three years; came under treatment May 5th, 1879, and steadily improved in health, and writes us as follows:

“ST. CLAIR, SCHUYLKILL CO., PA., November 19, 1880.

“DEAR BROTHER IN CHRIST:

“I thought I would write to you and let you know how my body is, because you it was that first gave me the start in health. I am now pretty well. When I went down to your place, about nineteen months ago, I weighed 110 pounds; about one month thereafter I weighed 115 pounds, and now I weigh 135 pounds, and the people are all surprised to see me getting so fat. I have been so surprised that I am able to work as I could not do before. I still obey you in regard to diet, but the movements I do not have every day. I can get up in the morning with a song in my mouth, and go to bed singing too. I would love to come down to see you and your beautiful home and social gatherings.

“I am still trusting in Jesus, and thanking Him that there ever was such a place as the Mountain Park.

“WILLIAM SEALEY, JR.”

CONSUMPTION OF LUNGS—PHTHISIS.

But if organic heart disease is a terrible affliction, pulmonary consumption is, if possible, a worse. At least it is much more frequent, and he who can devise means to stay its ravages will be an unquestioned benefactor to the race. We have cured cases supposed to be incurable, and we have benefited scores of others. Of course it is not claimed that all such diseases are curable, or can be decidedly benefited, because, with destruction of much lung tissue, the chances are against ultimate recovery. But the fact that a few cases can be so marvellously benefited by processes the very opposite of those employed in the schools is very suggestive. There is one feature, however, about lung complaints which, while, in a sense, hopeful, often militates much against recovery, and that is the great expectations indulged by the patient when a case becomes incurable. He is always anxious to receive care and advice; but if one should succeed in partially restoring him, there is great danger of his becoming careless and indifferent, and of his returning to the very causes which induced the disease.

Case No. 1.—This case is a good exemplification of the truth above stated. The gentleman was brought to us in desperation. Hemorrhages were frequent, and both lungs had suffered serious devastation until the case seemed almost hopeless. Yet, under treatment, improvement was so prompt and rapid that the patient would not but believe he could return to his labors, and, being a young lawyer in the city of Philadelphia, we soon find him in the office. Even while undergoing treatment he is anxious to study. The gentleman is not restored to good health, and wholly, we believe, because of want of discretion. He is still living though, in much better condition than when he first came under our care. Read what he says:

MOUNTAIN HOME, November 26, 1878.

“DR. WALTER:

“My dear Sir: Before I leave your institution I want to state briefly the great benefit that I have received from your treatment. You will remember that when I came

to you I was suffering from the most profuse night sweats imaginable—my pulse was never less than 125 per minute, and I was living chiefly upon quinine and alcohol, which had been prescribed for me as a last resort by several of the most noted allopathic physicians in the country. My weight at that time was 112½ pounds.

"I have been with you about three months. I weigh to-day 132½ pounds. I have not the least semblance of night sweats. My pulse is about 90 per minute, and since I have been under your treatment I have not taken one drop of stimulus of any kind.

"My strength has increased even more than my weight, and to you I give the credit of it all.

"Very truly yours,

"JAS. ROBT. OSBORN."

Case No. 2 is a more satisfactory one. The patient remained under treatment for one year, and is in quite good health to-day. Upon coming to us the left lung was seriously affected, tubercles having been deposited along the apex. We will let the patient, however, speak for herself :

"HICKORY, WASHINGTON CO., PA., December 13, 1880.

"DR. ROBERT WALTER :

"*Dear Sir* : Yours of December the 6th received, and read with pleasure. It found me quite well. Since its arrival I have taken cold, but am treating myself according to your methods, and expect to be promptly relieved. I often think what a blessing it is that we have learned to treat ourselves without taking medicine. My sister and I, having been in poor health for some time, tried medicine to no permanent benefit, and becoming satisfied that the drug system was not a proper one for curing disease, we were anxious to try a hygienic system, and being strongly urged by a friend who had been cured by you, we decided to give your institution a trial. My sister came under your treatment March the 7th, 1877, and in two months gained fifteen pounds in flesh : while, at the same time, I grew steadily worse, until I was reduced so low that my physician thought I could not reach the institution, and I had myself very little hopes that I would ever return alive. I came under your care a poor, despairing invalid, weighing ninety-six pounds, coughing constantly, and very greatly debilitated. In eleven months' stay I gained fifty-five (55) pounds in flesh, and returned home in comparatively good health. I have enjoyed tolerably good health ever since. My sister is also in her usual good health.

"Some of my happiest days were spent at the Mountain Park, and I shall never forget Mrs. Walter for the kind attention and care I received from her. I hope to visit you some time again, but presume I shall not see many of the kind faces I met there. You, Dr. Walter, have been the instruments in God's hands of saving my life, and may the blessing of God rest on you and your institution, is the wish of

"Your friend,

"ELLA M. CONNER."

HEPATIZED LUNG.

The following is from a prominent business man of Lewiston, Me., who came to our institution five years ago, suffering from hepatized lung as a sequel to pneumonia, and restricted by his physicians to a diet of bread and water. On July 20th, 1877, he wrote :

"I am feeling so good that I thought I must tell you how I am. I never felt better in my life. My friends say they never expected to see me alive when I left for your home a year ago, and now I can do as much work as any one," etc.

He now writes :

"LEWISTON, December 1, 1880.

"DEAR DOCTOR : I was very glad to hear from you, and to hear of your prosperity, for if anybody is deserving of it you are, and will be as long as you are doing the good work you are now at. I am happy to inform you that my health was never better than at present, and I feel that to you belongs the credit for this not only, but even for my life, and I take every opportunity to advise my fellow-men whom I find in the condition I once found myself, to go to the Mountain Home—a dear name to me—for

I know that if they take my advice, in the end they will bless both myself and you. I have not used one drop of drug medicine since I left you, and yet my health has been excellent ever since. You are at liberty to use my name in any way you wish, in recommending your system of treating the sick.

"S. W. Cook."

The reader will notice that our system has not simply cured diseases, but has restored the patients permanently to good health. It is proved by the facts to be not simply a system of stimulation whose results are delusive, but one which can be trusted for permanent recovery.

Case of Elder Alexander Warren, Baptist Clergyman, Acton, Ontario.

"This is to certify that I have had tuberculous disease of the lungs for twelve years, the best physicians declaring both lungs tuberculous throughout, causing cough and frequent hemorrhages. I have tried many of the remedies of the day; physicians' prescriptions and inhalation, patent medicine, etc., but the disease progressed and cough increased till I was laid aside from active duties, the pulse ranging from 108 to 120. In this condition, two years ago, I came to Dr. Walter to try the Nutritive-cure as a last resort. I soon began to improve. The appetite became good, cough less, and pulse reduced to 70. I then returned to Canada, intending to keep up home treatment, but not being then convinced that the Nutritive-cure was the only system for me, I again began drug treatment, but while the gain under Dr. Walter's treatment was retained, I could get nothing by which to make any advance. The climate of Nebraska being highly recommended, I went there, but returned with only slight benefit. I have now come the second time to Dr. Walter's Mountain Park, and by the blessing of God on the treatment, I can say that I am astonished at the rapidity of my improvement. My prospects for restoration to health are now decidedly good. I can heartily recommend invalids of all kinds to come to the Mountain Park and be restored not only, but receive instructions how to live so as to retain health.

"ALEXANDER WARREN."

THROAT DISEASE.

The following is a case of continually recurring tonsilitis, with suppuration, that had for a long time defied the skill of physicians. It may not be proper to refer to it as an incurable disease, but it was a very difficult and serious one, and of continual recurrence. Never until he employed Nutritive-cure processes was he permanently cured. He spent a winter with us, and suffered more or less during the time. We assured him that constitutional treatment, which should remove impurities from the blood and restore general health to the organism, alone would remedy the difficulty, and that while we might benefit the case by local appliances he must expect recovery from this ailment only in connection with complete restoration of vigorous health. We will let him speak for himself, as also for his sister, who was in serious ill health when she came under our care:

"HICKORY, WASHINGTON CO., PA., December 10, 1880.

"DR. WALTER:

"Dear Sir: Your kind letter has been received, and would have been answered before; but I have been away from home on my wedding-tour, having visited friends in Kansas, Iowa, and Ohio, and having arrived home to-day, and hasten to reply.

"I can say with pleasure that I have been enjoying for a long time the best of health. When I first came home from your institution I was not entirely well, but was assured by you that if I would be careful and follow your directions, I would entirely recover; and I may say that your prophecy has been fulfilled. I do think you understand the treatment of invalids, and that your home is *the* place for them.

"I had tried everything for a long time, and could get no relief in any way until I came under your care. I think you saved my life, and I thank you and Mrs. Walter

for your kindness to me while at your Home. My sister, who was under your treatment last summer, is now enjoying excellent health, and sends her love to the children, and best respects to you. I wish you every success.

"LUTHER M. MORGAN."

CONGESTION OF LUNGS.

The following case is an excellent example of the rapidity and promptness with which our methods operate. The patient, Rev. Richard Bleby, now pastor of a large church at Redruth, Cornwall, England, while spending a little while in our institution, was attacked with severe congestion of lungs, a disease to which he had been subject for many years. When called to him, I found him scarcely able to speak audibly, very greatly prostrated, spitting blood, etc., and immediately ordered for him a hot full bath, which was supplied in a few minutes, continued for five minutes. Was then taken out, a sheet wrapped around him and placed in bed, with four men to give him manipulations, one at each limb. He was thoroughly manipulated for about ten minutes, when he was covered up in bed, hot bricks put to his feet, and allowed to rest. In a few minutes he was in a high fever, showing that a complete revulsion in the circulation had taken place. In a few minutes more he was in a profuse perspiration and entirely relieved. Being evening he was advised to go to sleep, which he did, and experienced no further trouble. In the morning he was hearty, at noon ate with the family, and on the Sabbath, three days afterward, preached to us. In one hour from the time I was called he was entirely relieved from his ailment, and his statement was that it was the most severe attack he had ever had. While under allopathic treatment he required six months in which to recover, but under water cure he had been relieved in three weeks. His relief in an hour, and complete recovery in a night, was something startling to him. His father, nearly seventy years of age, afterward came under our treatment, and was very greatly benefited, and we introduce his testimonial to answer for both cases.

"REDRUTH, CORNWALL, ENGLAND, November 5, 1880.

"DR. WALTER :

"*My Dear Sir:* I am glad to see that you are still making good progress at Wernersville. Richard is just recovering from a severe rheumatic attack, and congestion of the right lung. The latter was promptly removed by packs and fomentations. For the rheumatism he has had recourse, as the best substitute available when so far away from Wernersville, to some Turkish baths at Bristol. We expect him home to-day, pretty well restored.

"My health is greatly improved, and I am, I am thankful to say, more vigorous than I ever expected again to be. I carry out your prescription as fully as I can, and find the manipulations very beneficial. My greatest difficulty is concerning the baths. While my son has been laid aside for some six or seven weeks, I have been able in a great measure to supply his lack of service in ministering to a congregation numbering from twelve to fifteen hundred persons. I read 'The Laws' with undiminished interest. Very truly yours,

"(Rev.) HENRY BLEBY, Author of 'Missionary Tales,' etc."

PNEUMONIA AND PLEURO-PNEUMONIA.

We have treated several cases of pneumonia and pleuro-pneumonia, and have never failed in a single case in bringing about decisive and complete relief, the patients being not simply cured of the disease, but restored to good health without a single sequela or complication remaining. Indeed, we have never failed to relieve patients of any diseases dependent primarily upon acute congestions. The processes heretofore described have been invariably successful.

GASTRIC AFFECTIONS—DYSPEPSIA, LIVER COMPLAINT, DIARRHŒA, ETC.

The Nutritive-cure is peculiarly effective in the treatment of diseases such as these, and of all diseases which originate in the gastric system. We propose to cite a few out of the great number of cases successfully treated. Mrs. John Morgan, of Mahanoy City, Pa., is a notable one. This lady had suffered agonies for seven months, during which time she had been under the care of numerous physicians, who, finally despairing of benefiting her, advised travel, change, etc. Mrs. Morgan is in excellent health at the time of writing, January, 1881. Mr. Morgan is deacon of the Welsh Congregational Church in his town, Mahanoy City, Pa., and as he describes his wife's conditions pretty fully, we will let him speak. He says :

"Seven months ago the attending physician declared that my wife could not live an hour ; for these seven months she never laid down ; during all this time she suffered intense agony, breathing with great difficulty. She vomited continually ; she could not sleep for pain, and the only ease was through heavy doses of narcotics. Her limbs were swollen almost to bursting, and her whole body was swollen to the size of a barrel. We have been with you three weeks, and what a change ! The swelling is entirely gone, the pain almost wholly ceased, no more vomiting, no difficulty of breathing, she lies down and sleeps all night like a child. The transformation is wonderful. It seems almost miraculous. She will soon go home healthy and happy, and it is no stretch of the imagination to say that she owes her life, under Providence, to you. I will be glad to give any further information to any who address me."

Reese P. Daniels, from the same place, who was the means of sending Mrs. Morgan to us, can hardly be said to be a less remarkable case. When he came to us he was as near a walking skeleton as men are often found. His pulse was reduced below 40 per minute, and it would be hard to find a more deplorable wreck mentally and physically than he. Read what he said three years ago, and also his testimonial, lately furnished. He said in 1876 :

"Thirty months ago I came to your institution a complete wreck, weighing 102 pounds. I had tried everything, even water cure of the most extreme fashion, and was reduced to a skeleton. It took me a long time to learn to follow your advice, but when I did I gained eleven pounds in thirteen days. I now weigh 151 pounds, and am looking better and feeling better than I ever did in my life. A million dollars would not be any compensation to me for the loss of what you have done for me. I wish the whole world knew what value there is in your system, which I believe is superior to anything known.

" REESE P. DANIELS, Mahanoy City, Pa."

November 24th he writes :

"To an unprejudiced mind, this system of treatment is a self-evident truth. In my case it is considered by a great many people a miracle that I am enjoying the health that I am, but to me it is plain. I have no person to thank for it but you. After having baffled the skill of our best physicians and been reduced to a skeleton I was restored by your treatment, and find to-day that I am healthier and happier than I ever have been in my whole life before. And when I think of the fact that for five years I was not able to perform any kind of labor, while at the present time I am laboring hard every day, I must say that it is to you and your system of treatment I am indebted for these great benefits, and my greatest desire is that your institution will keep on increasing in size, until the rays of truth that radiate from it shall spread their lustre over the whole world, enlightening and saving a suffering people.

" REESE P. DANIELS, Mahanoy City, Schuylkill Co., Pa."

G. O. Hougan, of Ossian, Iowa, was a similar case, and he writes, after gaining several pounds at the Mountain Park : "I have gained thirty-three pounds of flesh,

since I left, and strength accordingly ;" and later reports have always been in enthusiastic acknowledgment of firm and buoyant health.

Leroy R. Means, of Cotton Gin, Texas, gained sixty pounds of flesh, and strength accordingly, and says : " You have been the instrument in God's hands of saving my life, and I shall ever remember you with heartfelt gratitude."

Perhaps a more remarkable case is that of Miss Eleanor Kinmont, of Glendale, Ohio, one of the worst cases of chronic nervous dyspepsia, with more or less spinal irritation, that we have ever met. She was brought to us on a bed, so reduced that she could not bear a three-minutes' conversation. Four years ago she wrote as follows :

" I am constrained to write in acknowledgment of the wondrous results of your treatment in my case. I had suffered greatly for years from nervous dyspepsia, causing spinal irritation. I tried medicine to no permanent benefit ; then water and diet cure under the prescriptions of the most eminent of those physicians, with decided injury. I was unable to read or to be read to, to sew, or to walk out. I could not bear even light in my room. The sound of voices, or walking on the floor, would cause me agonies at times. But all is changed. I was taken to the Mountain Home on a bed, but now, after eighteen months, I am like another being. Life looks brighter than ever before. I can climb the mountains with ease, can face the cold blasts of winter, can walk and sit out in the damp without fear ; can read, write and sew. I wish that all the sick and suffering ones could know what may be in store for them at the Mountain Home. I feel that I cannot be too grateful to you, Drs. Walter, but especially to Mrs. Walter for her unwearied attention, care, and patience. Her bright and hopeful spirit sustained my faith, and cheered me in the darkest hours. May God bless you both, who, under Providence, have been the means of my cure, and may the Mountain Home extend its influences over all the land is my prayer."

While now, November the 11th, 1880, she writes :

" Of the four years that have passed since I left the Home, in each succeeding year I have gained on the one which went before, and that my faith grows stronger in the principles taught in the institution, and that I am constantly surprising my friends with what they call wonderful feats. They do not cease to regard me as a walking miracle, seeing as they do that I grow stronger year by year. I had my first illness since I returned from the Home this summer. It was caused by not taking my vacation till August. Since then my stomach did not recover its tone until I went back to the two-meal system, and am now more than ever convinced that it is the best way to strengthen weak digestion. Of course my lost vitality cannot be restored, and when by necessary overwork I am run down, I resort to compound oxygen, which enables me to recover."

We desire to add a remark in connection with this communication—namely, that compound oxygen is a powerful stimulant, and we are afraid that our friend will come to grief if she undertakes first to overwork and then to stimulate herself by this means. Nature will endure such violence for a time, but there will be a reaction which will not be so pleasant or agreeable.

Here is from another dyspeptic some sixty odd years of age. In renewing subscription to our health journal she says :

" January 13, 1881.

" My health is much better this winter than usual. I think you would be surprised to see me work, and you would say, too, ' Why, I thought you an old lady when at the home.' I am real young. Mrs. Wells is too. I still hope to spend some time in one of those new buildings before many years."

" MRS. HUNTINGTON, wife of Deacon Huntington, Geneseo, Ill."

Mrs. Wells here mentioned was another broken-down dyspeptic, equally benefited by the Nutritive-cure.

Here is from another dyspeptic with nervous prostration, threatened paralysis, etc. :

" 1724 NEW YORK AVENUE, WASHINGTON, D. C., February 1, 1881.

" I am glad to say that I have constantly improved since I left your Home a year ago last Christmas. Since March last I have been able to do full duty, and have grown stronger as well. All of the old symptoms have disappeared. I shall always remember with pleasure the time spent at your Home, as I can more and more realize the benefits derived from it. I trust you will reap the reward due you for your untiring efforts for the comfort and welfare of your patients. " SAMUEL B. MORSE."

This gentleman's daughter, a very much worse case, also writes very enthusiastically of the benefits received at our Mountain Park.

Here is another—Mr. Leroy T. Shorey, Monmouth, Me. He writes :

" Although my health was not perfectly restored, I am thankful to say it has continued as good, and improved some since leaving you. I have been able to work quite steadily the past summer without feeling fatigued. I think very much of your system of treatment, and feel that I can safely recommend it."

When we remember that this gentleman is constitutionally feeble not only, but was reduced to a skeleton, the fact that he is able to work on a farm without fatigue argues strongly in favor of the system that can accomplish such results.

Here is from the Hon. John R. Clark, who came to us, four years ago, one of the most wretched dyspeptics that a man could find in a day's travel. Read what he says :

" Near ELLICOTT CITY, MD., January 1, 1881.

" MY DEAR DOCTOR : ' A merry Christmas and a happy new year ' to your Mountain Park, known as Mountain Home during the time of my summer of sore travail in 1877. You doubtless remember a wretched dyspeptic who came with his father and, afterward, his wife, and drank your waters for six long weeks without much apparent benefit, but I shall always bless the lucky star, and the advice of one Werner from Reading, who sent me from Bedford Springs to your health institution, just then started in your new Home. I have practised the lessons taught by you, and have derived wonderful benefit therefrom, especially the diet regimen. But I began this letter for the purpose of enclosing 75 cents, or one year's subscription for your journal, and a photograph of the Mountain Park. I have been a reader of your highly interesting journal ever since it was started. You had only one hardly finished building when I was with you, and now your photographic view shows four elegant structures. Wonderful progress surely ! I hope to pay your grand mountains another visit next summer, not as an invalid, I trust, but as one whose health *your system* has established. " JOHN R. CLARK."

But scarcely less difficult the case of our friend, George Langdon, Esq., of Plymouth, Conn. This gentleman, having suffered from inherited chronic dyspepsia for a number of years, having tried various systems of treatment, including the water-cure, movement-cure, as well as drugs, at the hands of the most noted practitioners in the country, found relief at our hands, and upon leaving us made this statement, which, from the words of a very cautious, prudent, and conscientious man, mean all they convey, and bear strong testimony to the value of the principles that can accomplish such work. He said : " You are the first man who ever told me how to get well." Read what he says :

" PLYMOUTH, CONN., December 8, 1880.

" I am happy to give my testimony to the great benefit I received by the treatment of Dr. Walter two years ago. After serious trouble from chronic dyspepsia, and an entire giving up of business for four years, and many changes of physicians, I found at Dr. Walter's positive help while there for three months, and a still more marked

benefit during the time that has passed since my leaving there. The system pursued commends itself to my best reason, as the other systems I tried did not. My word to invalids who come under the doctor's care is, have faith in him and his treatment.

"GEORGE LANGDON."

Testimony of Rev. S. S. Palmer, late Pastor of Lutheran Church, Phoenixville, Pa.

"PHOENIXVILLE, February 27, 1880.

"R. WALTER, M.D.

"*Dear Sir:* I concluded when I left the Home to write to you as soon as I could say positively whether I was benefited by your treatment, and also as soon as I could determine how permanent the work of restoration was. I can now say, and I think with knowledge, that I was greatly benefited while at your place and under your treatment, and that I am now more confident than ever that it is the most natural and the only system of permanent restoration. I have been observing the diet you prescribe, and we all must say that it is the best for health, and we do not now feel that we are denying ourselves any luxury by following it. I have been taking the baths and movements, but not regularly, etc.

"S. S. PALMER."

CHRONIC DIARRHŒA.

Vincent McBride, of Washington, Washington Co., Pa., had been reduced very low by this disease, which had continued upon him for many months. He was brought here by his brother so reduced that there was some doubt as to his ability to travel from Pittsburg here. Read the following :

"I received your note of the 9th this evening, and answer immediately. You are perfectly welcome to use my name if you wish. I am feeling hearty, and now weigh 166 pounds, which is more than I have weighed for the last ten years. When I went to your Home, my weight was 119½ pounds. I think every invalid should go to your Home to learn how to live so as to be healthy, as well as to recover health. Mr. Stewart, Mr. and Mrs. Johnson, and others who are neighbors of mine, all feel that their health is improved since being at your Home.

"VINCENT MCBRIDE."

We have received other letters from this gentleman, all speaking in most enthusiastic terms of his wonderful cure and of continued good health.

The following was a more difficult case, the lady having been reduced to a skeleton through long-continued chronic diarrhœa, in connection with bleeding piles and general debility. Her husband first came under our treatment for rheumatism, and was relieved in a few days ; returned to his home and sent his wife. While she was with us, both children were also restored to good health by our methods of treatment. Four years ago Mr. Jackson wrote :

"We are all well, and I assure you my experience only tends to confirm me in the correctness of your views. After a year's experience of your system, we are all in better health than we had been for years previous. The year before I consulted you and put my family under your care, some of us were nearly always sick. For putting us on the right road to health, we shall ever hold you in grateful remembrance."

To-day, December the 6th, 1880, he writes :

"It is now about five years since we first became acquainted with your institution and system of treatment. The improvement in my wife's health, which began after she came to your institution, has continued to the present time, and she is now well and hearty. Bertie, our little boy, whom we brought to you in such a critical condition two years ago, was restored to perfect health, and now shows no sign of lameness. Eddie has grown very much since you last saw him.

"I have nearly recovered from the effects of my accident last winter. The broken

bones of my leg are all knitted together, but the limb is not as strong yet as it was before the accident. The knowledge we had derived from you was of great service in my case. Not only do you by your system restore sick people to health, but you teach them at the same time how to preserve it. This I consider a very important feature of your practice.

"I think the young lady to whom you refer is Miss Eleanor Gritman. She is at present living in Brooklyn. I believe she is comparatively well, and has been able to work ever since she came home.

"I would again express my appreciation of the benefits you have conferred upon us all, and the deep obligations you have placed us under; and now, after five years have nearly passed since we first began to test the new system which you practice, I can truly say it has been the means of making life more cheerful and happy by restoring to us that which is most essential to happiness, good health.

"Yours very respectfully,

"ROBERT B. JACKSON, Seaford, Queens Co., Long Island."

STIFF KNEE.

The boy "Bertie," mentioned in the above communication, was brought to us in very exhausted conditions consequent upon mismanagement of a wound in the knee, which, unquestionably, must have resulted in permanent stiffness and contraction of the ligaments, which would have rendered the limb well-nigh useless. For weeks he had lain helpless and greatly reduced, with the knee swollen, inflamed, and immovable. In a few weeks' treatment according to the principles of the Nutritive-cure, he was restored, and is now in excellent health, with no sign of the difficulty but a slight scar.

CANCER OF THE STOMACH.

The young lady "Eleanor Gritman," mentioned in Mr. Jackson's communication, was sent to us by him, declared by physicians to be suffering from cancer of the stomach. In four or five weeks she was restored to comfortable conditions, and the mythical cancer of course disappeared with her aggravated dyspepsia.

INSOMNIA—SLEEPLESSNESS.

This is one of the most distressing complaints that afflict dyspeptic invalids. We find it in all grades of the complaint, from the man who can sleep a disturbed slumber for six or seven hours to those who cannot sleep an hour without suffering frightful dreams, or being visited by phantoms, of all imaginable shapes. We have treated some most remarkable cases and always with eminent success. The case of Dr. John Thornley, for twenty years a surgeon in the U. S. Navy, now on the retired list, is a remarkable instance both of the endurance of the patient and of the sufferings consequent upon this most intractable ailment. That Dr. Thornley was relieved by the processes of the Nutritive-cure, very much to his surprise and in opposition to all previous teachings, his letters will show. He is both convinced and enthusiastic, and I might remark that so remarkable did he consider his case that he has written a large volume for publication, describing both it and the processes of cure.

Case of Dr. John Thornley.

"MOUNTAIN HOME, WERNERSVILLE, PA., September 1, 1877.

"DR. WALTER:

"*Dear Sir:* On the eve of my departure from this delightful retreat, it affords me great pleasure to give expression to the feelings which are now uppermost in my breast. Two years ago I was attacked with insomnia, pure and simple, without any

organic complications whatever. After having taken bromide potassium and chloral, and done such other things as were deemed advisable, for six months without benefit—in fact, with positive injury—I consulted a distinguished allopathic physician, who prescribed, among other things, bromide of lithium. At the end of two months I found myself in a state of nervous horror from which I could see no outlet but the grave, for which I unceasingly prayed. It did not please God to grant my prayer, and in quiet submission to His will, I struggled and suffered on, resolved, however, to take no more nervous stimulants, which could only serve to reduce me to a more deplorable state of nervous wretchedness. Being directed by a merciful Providence to this Mountain Home, which has been to me truly a place of sweet repose, I reached it on the 14th of July last, sleepless, irritable, excitable, and sensitive to the last degree. In the short space of seven weeks a wonderful change has taken place. I can now sleep some five, six, or seven hours a night, the irritation and morbid sensibility have disappeared, and my old-time energy and cheerfulness are beginning to return. Naturally one will be disposed to inquire what has been the cause of this wonderful change in so short a time. In answer I reply that this *Home*, situated in the midst of charming mountain scenery, overlooking a beautiful valley, in a salubrious climate, far removed from the noisy, dusty, heated thoroughfares of man, presided over by kind and sympathizing physicians, ever ready to respond to the cry of distress, and skilful to administer relief, and offering a treatment based upon the soundest physiological principles, it cannot but fail to afford to the careworn, pain-racked, drug-poisoned invalid every possible advantage his case can require, and such it has done to me. I firmly believe if I could remain here a few months longer I should be entirely restored to health. I bespeak for my accommodation the room I now occupy, during my next visit to the Home.

"With a grateful acknowledgment of the kindness and attention I have received from both you and Mrs. Walter, and with my best wishes for your happiness and success, I beg leave to subscribe myself

"Yours, most truly,

"JOHN THORNLEY, Med. Dr., Retired List, U.S.N."

ENTHUSIASTIC REVIEW OF THE FIRST SUCCEEDING MONTH.

"CHARLOTTESVILLE, VA., September 24, 1877.

"DR. WALTER:

"*Dear Sir*: I am vain enough to believe that some of the members of your interesting household will feel something like a visitation of a phantom when they are informed of the contents of this letter. Indeed, one of my kind friends, Miss Freeman, expressed a desire to hear from me after my return home, and I venture to say that even you, before whom a crowded throng of invalids is constantly passing, and in whose future history you cannot be expected to feel a peculiar interest, will not be altogether indifferent when you ascertain what I have to say. I will not be so unreasonable as to inflict upon you a detailed account of my movements, sensations, and experiences after we parted. It will be enough to say that I passed through some exciting scenes in New York which cost me one sleepless night; that I took a severe cold by exposure during a sudden change in the weather, from which I have just recovered; that after three days of the most unpleasant weather I ever experienced in Philadelphia, during the last of which my feet were soaking wet all day, I travelled all night, sleeping but little, and finally reached home on Saturday, the 1st inst., my family being on the tiptoe of expectation of my return. I have now been home sixteen days, during which I have not lost a single night, my sleep being calm, refreshing, and abundant, and my health has been steadily improving. As for the bromide of lithium which I took eighteen months ago, after a tremendous but unavailing struggle with the *vis vite*, *vis medicatrix naturæ*, or vitality, whatever it may be called, it seems to have given up the contest, thrown up the sponge, and incontinently left the field. The old-time elasticity of step and cheerfulness of temper have taken the place of apathy and gloom, and the sunbeam of happiness again irradiates my hearthstone, where so lately all was darkness and despondency. My friends and acquaintances, astonished at the surprising change effected in so short a time, eagerly inquire where I had been and what I had done to produce such an effect. What else can I say than that I had been at Dr. Walter's Mountain Park, where diseases are treated and drug-

poisoning eradicated? My family are all agog about your Home, and begin to say what they are going to do next summer when there, and some of the poor invalids I meet are so much excited by the accounts I give that I would not be surprised if you were soon to encounter a raid from our little town. I am more dissatisfied with my memory than anything else. I have forgotten the name of your little daughter. Should you ever write, please give it to me. With kindest regards to Mrs. Walter and all friends,

"Believe me yours, etc.,

JOHN THORNLEY."

"CHARLOTTESVILLE, VA., May 27, 1878.

"DR. WALTER:

"Dear Sir I write now to say that you are at liberty to make any use of my testimonial of last summer you may please. Most sincerely do I hope you may find it of use to you. I am happy to say my health continues to improve. I was able to sleep naturally while in Washington, through the greatest excitement and anxiety, and now that my mind is at ease, and I am again enjoying the quietude of my own home, I sleep better than ever. My pecuniary circumstances will render it impossible for my family to leave home this summer, and even I must try to weather the heat myself. With kindest regards to your family and my best wishes for your success,

"I remain yours truly,

JOHN THORNLEY."

Case of the Rev. Dr. Swartz,

Formerly Pastor of the Lutheran Church at Harrisburg, Pa. This case, though driving the patient almost to insanity, was nevertheless much less severe than that of Dr. Thornley. Dr. Swartz shall speak for himself.

"When I came, one year ago, to Mountain Park, I was in a very wretched condition, having suffered for a twelvemonth from great nervous prostration and inveterate insomnia, going sometimes four or five nights without an hour's sleep, and being so morbidly sensitive that a slight noise would afford me keen distress. I had tried several reputable physicians and took the most approved remedies for my trouble, but found no permanent relief, but rather that my case grew worse.

"Under the care of Dr. Walter I soon began to find improvement, and observing the regimen of his institution, I have obtained perfect relief. I am now able to sleep well, work hard, and enjoy life. I weigh more and feel generally better than I have done for several years. I give this testimony very cheerfully, and in the hope that it may do others good, as well as from a feeling both of gratitude and justice to Dr. Walter.

"March 21, 1881."

"Respectfully,

JOEL SWARTZ.

Here is another case of insomnia, in which, however, the dyspepsia, which was severe and aggravated, was a more important matter. The patient was reduced to a skeleton, could retain scarcely anything upon her stomach, and suffered from nervousness, sleeplessness, and general debility. Under treatment she has gained thirty pounds of flesh and been made to have a substantial foundation for good health.

"HOMESIDE, NEAR CANDOR, WASHINGTON CO., PA., March 10, 1881.

"DRS. WALTER, MOUNTAIN PARK, NEAR WERNERSVILLE, PA.

"*Esteemed Benefactors:* Perhaps you may be pleased to learn of my safe arrival at home. At any rate, as I was called away suddenly, I desire in this formal way to make grateful acknowledgments for the tender, watchful care and treatment which I received at your hands during my seven months' sojourn at Mountain Park. When I went three of our most eminent physicians had failed to furnish any remedy for my insomnia and other troubles arising from liver and stomach. My color was bloodless, and the fast-decreasing weight of body indicated early death. I am now so much better that friends and acquaintances scarcely recognize me.

Probably much was due to the pure air and soft water of the mountain, and doubtless something to the refined, moral tone of the inmates of the institution (includ-

ing helpers and patients), but I am fully persuaded that, for my present sweet sleep and improved digestion, and increased weight and firmness of flesh, I am indebted to the skilful, intelligent, careful, and ever-watchful treatment administered by and under the direction of yourselves and other physicians of Mountain Park.

"Hoping, as soon as I can be detached from some matters which unexpectedly called me away, to again for a time take my old room and place in your home, I remain,

"Very gratefully, etc.,

"KATE E. CLARK."

DROPSY, WITH BRIGHT'S DISEASE OF THE KIDNEYS.

This is a most intractable disease in many cases, especially when occurring in people as aged as this gentleman. We will allow him to speak for himself.

Case of Elder Isaac Price.

"MOUNTAIN PARK, December 18, 1880.

"DR. R. WALTER :

"I cheerfully bear testimony to the value of your treatment. Though seventy-eight years of age, I have during the past summer been cured of dropsy of the heart as well as of the general system, with incipient Bright's disease, by your treatment, which seems to me to be wonderfully philosophic, and from what I have seen and experienced, equally successful. At my age it was not to be expected that I could be always maintained in perfect health, so that I can now bear testimony to the fact that your treatment is effective for the cure of rheumatic gout. God speed the day when the principles of the Nutritive-cure shall everywhere be comprehended and obeyed.

"ISAAC PRICE, Schuylkill, Chester Co., Pa.

"(Postmaster for fifty years at this place)."

A later letter, dated January 4, 1881, from Elder Price, says :

"Knowing you feel interested in my health, I report constant gradual improvement ; decidedly better than when I wrote you two weeks ago. I walk without a cane, pass up-stairs step over step without touching banisters, but cannot so go down. I am well, free from pain, eat hygienically, and sleep like a wood-chopper. Shall make you a visit next May."

DROPSY.

Of the numerous cases of dropsy treated, we have not failed in a single instance in producing permanent relief, and the cases treated have usually been of the very worst character. This disease, indeed, seems to be peculiarly susceptible to Nutritive-cure methods.

FEMALE DISEASES.

The ailments with which American women are so generally afflicted result primarily from depletion of the vital resources consequent upon overtaxation of the nervous system, due to the hurry and worry of life, as well as to confinement within doors, in connection with lack of muscular exercise. While suffering all the debilitating influences of care and anxiety, they are deprived of the invigorating atmosphere of the outer world and the toning effects of muscular activity, which, in connection with bad habits of dress, child-bearing, and, in many cases, great lack of healthful recreation, have so debilitated the general system that both general and special diseases occur. The reader of the foregoing pages can readily perceive the value of Nutritive-cure principles in the treatment of such cases. Indeed, we are tempted to express the opinion that they are the only plans that can be effective for thorough restoration. Drugs can never accomplish recuperation of wasted energies, and the varied local appliances of physicians

are utterly destructive to general health. The Nutritive-cure undertakes to build-up, invigorate, restore to sound health through rational and philosophic processes. We propose to mention simply one or two cases of persons who, having been greatly benefited, are entirely willing to have their names appear in this connection. The hundreds that we have successfully treated would no doubt all bear testimony if it were desired.

"January 5, 1881.

"DR. WALTER :

"As you have requested me to give a statement of my case, I herewith respond. Nine years ago this winter, our family physician discovered that I had ulceration of the womb, for which I had the attention of three eminent physicians, each in turn for five years. In justice to them I must say that they cured the ulceration, but by means which brought on what was worse—namely, retroversion, prolapsus, and nervous debility, which culminated in spasmodic hysteria. Such was my condition in the spring of 1877, when I was reduced so low that many thought I could not live much longer. My home physician said he could do nothing for me, and I went to your place about the 1st of June, 1877, and remained six and one half months, when I returned greatly improved, and am still improving, able, with the assistance of my two little girls, aged nine and eleven, to do the housework for a family of seven, thanks to Nutritive-cure treatment. If any one desires further information, I shall be pleased to respond.

"MRS. M. E. LITTLE, Venice, Washington Co., Pa."

Case of Mrs. Fanny Wasson.

This lady's case is a splendid exemplification of the value of the principles of the Nutritive-cure. Five years ago she became an inmate of our institution, suffering from ulceration of bowels, retroversion of uterus, and a general prostration of the vital system, which truly may be said to have rendered her incurable by any of the ordinary methods. She had indeed exhausted the skill of the schools before coming to us. She gained 17 pounds of flesh in a few weeks. On returning home, she soon reported a gain of 23 pounds, and very soon thereafter had gained 39 pounds of good, solid, substantial flesh, and health correspondingly. The following letters explain her thought with reference to the Nutritive-cure :

"BULGER, WASHINGTON CO., PA., April 5, 1877.

"DR. ROBERT WALTER :

"Dear Sir : I have received and perused with glad interest your new Mountain Home circular, and do most heartily congratulate you on your success. Knowing the many inconveniences and disadvantages under which you have labored, from the incompleteness of the old institution, and knowing also your thoroughness in everything which you undertake, I am confident you will leave nothing undone in the construction of your new Home which will secure the comfort and speedy restoration to health of every one who may come under your care (and I hope they may be legion).

About twenty-one months ago I came under your care a poor despairing invalid, weighing 91 pounds. Having been ailing for a number of years, and for sixteen months previous to my coming under your care treated by four of the most eminent physicians, whose skill seemed of no avail, I had about given up all hope of recovery ; but having often spoken of trying Water-cure, as it was termed, my husband and friends thought best to leave nothing untried. So from among numerous institutions I selected your Mountain Home. That choice I shall never regret, for to you, Drs. Walter, the instruments of God, I owe my life and health. As I was more particularly under Mrs. Walter's care, I would gladly speak a word in her praise, but I find language inadequate to express my high appreciation of her noble qualities. In those dark, dreary, and almost despairing hours, it was her cheerful, loving words that dispelled the gloomy clouds and caused a ray of hope to dawn once more, and, like a loving mother, leave a warm good-night kiss on my poor, wasted cheek. These precious memories can never be recalled but with the deepest and tenderest emotion. May Heaven's choicest blessing be hers ! After five months' stay under your person-

al care, I returned home in comparatively good health, to carry on the good work already begun. My friends were surprised at the change; some gravely shook their heads and said, "that as soon as I got to work, I would break down again," but I had all faith in your teachings and strictly adhered to your prescription, and here I am to-day, enjoying good health, weighing 130 pounds, which is more than I have weighed at any time in the last fifteen years, and doing all my house-work without any help. People now believe there is a reality in hygiene. The heaven is working slowly but surely. Considering the complications of my disease, and my weak and debilitated condition, I think my cure has been effected in a remarkably short time. The spirit of brotherly love and true generous sympathy which pervades your institution, the lasting attachments formed, the affectionate, tearful farewells, all bear strong testimony to its high, religious, and social influences. Every new arrival is at once made to feel at home and a member of Drs. Walter's numerous family. Some of the happiest days of my life were spent at Mountain Home, and I hope that at no distant day I shall have the pleasure of visiting you in your own Mountain Home, under entirely different circumstances from my former visits.

"That your lives may be long spared to disseminate the true hygienic principles, and prove a blessing to mankind, and that the blessing of God may rest on you and all you undertake, is the wish and prayer of

"Your ever-grateful friend,

FANNIE E. WASSON."

"BULGER, WASHINGTON CO., PA., December 3, 1880.

"DR. WALTER:

"*Dear Sir:* Your kind letter has been received, for which please accept my sincere thanks. You wish to know what are my feelings in regard to your treatment. From my personal experience of nearly five years, I find it both safe and reliable. My health has been good ever since I left your institution, with the exception of about two months in '79, when I had a very severe cold which threatened my lungs. But by putting in practice my knowledge of hygiene, obtained in your institution and from your excellent journal, "The Laws of Health," I have been, by God's blessing, restored to usual health. That you and your excellent wife may be spared long to teach and practise those true hygienic principles which have brought health and happiness to myself and numbers of other afflicted, despairing mortals, is the sincere wish of

"Your ever-grateful friend,

FANNIE WASSON."

PARALYSIS, DEFORMITIES, ETC.

The Nutritive-cure has had perhaps a more remarkable success in the treatment of these ailments than in the ordinary diseases. In no case have we failed to produce decided relief. The mention of one or two cases may not be amiss.

Case 1.

MRS. E. E. H. L.—This was a lady fifty years of age, suffering from paralysis. Had completely lost both motion and sensation in the lower extremities. Was unable to maintain her position in a chair if she were set therein. In two or three months' treatment, however, she was enabled to walk by the aid of assistants, when she relinquished treatment, but continued to improve after leaving our institution.

Case 2.

J. C.—This gentleman is at present under treatment for a like difficulty. When he came to us, four months ago, he was unable to turn himself in bed. Had entirely lost all use of the lower extremities, and was about as helpless as a new-born babe. At the present time he is able to walk about with the assistance of two canes, and is still under treatment, with the full expectation of entire recovery.

Case of Dr. Fuller.

Dr. Fuller, one of the physicians of the institution, is an equally remarkable case of

the wonderful value of Nutritive-cure methods. For three years she had lost the use of the right leg, consequent, primarily, upon dislocation of the hip-joint, which had been badly treated. Immediately previous to coming to us, a noted professor of a Philadelphia medical college had diagnosed destruction of the acetabulum, or socket of the joint, which, if true, would have forever prevented the use of her limb. She came under treatment three or four years since, able to move about only by the use of two crutches. After three months' treatment she was able to dispense with her crutches, and has at the present time entirely recovered the use of her limb, and walks about as well as ever she did. When we consider that this lady had been for three years under medical treatment, and had failed of benefit, the value of Nutritive-cure principles becomes enhanced by contrast.

HAY FEVER.

Our success in the treatment of this disease has been very decided, and though we have to admit that all cases have not been relieved, it is certain that some have, and that very promptly.

Our first case was of a lady from Kentucky, who had suffered during the month of May without intermission for eighteen years, but who, under our methods, was perfectly relieved. In a letter to us she says: "After I left your Home I had only a slight cold and no asthma at all. It was the first time I had escaped it entirely for eighteen years."

Case No. 2.

Mrs. Rev. M. W. Fair, of Salona, Clinton Co., Pa., sent us, unsolicited, two years ago, the following testimonial:

"My sister and I have had a pleasant journey home. At this time my sister is feeling very comfortable, while I am in the enjoyment of excellent health. I am glad to be able to testify to the superiority of your mode of treatment over all others to relieve asthmatic sufferers. For more than twenty years I have yearly sought relief from this distressing disease, but had failed to find it until September, 1878, when I was marvellously cured by hot fomentations, etc. For more than twenty years I have not passed through the hay-fever period so comfortably as this year, thanks to your mode of treatment."

ADDITIONAL DISEASES TREATED.

During the seven years in which the principles of the Nutritive-cure have been applied to the treatment of invalids, we have had to deal with the varied forms of disease common to this latitude, and our success in all of them has been very decided. We know of no disease, or class of diseases, that does not respond readily and promptly to these methods. On the other hand, we are of opinion that these plans are the only wise ones to be employed in any cases. Though violent and depleting methods may be successful in many forms of disease, they are successful only to the injury of the patient, who might be cured by less violent processes that would leave the patient in good conditions of health.

The Nutritive-cure we commend as being both safe and reliable—safe in that it leaves no injurious effects, but, on the other hand, builds up, invigorates, and strengthens the patient; and reliable in that it will effectively cure the disease not only, but restore the patient to health if he is curable by any means under the heavens. But, more than all, if the patient is not curable—that is, if his disease is of such a

nature and his constitution so thoroughly depleted that cure is impossible—he nevertheless can, in the great majority of cases, be benefited.

Additional testimonials to these facts might be supplied in great numbers, did our space permit. At present we can only advise that the invalid suffering from no matter what ailment shall investigate further into the propriety of these methods, and try for himself the results.

TWO THOUSAND OMISSIONS AND IMPERFECTIONS

In the Unauthorized Edition of

YOUNG'S ANALYTICAL CONCORDANCE.

To the Manager of the "BOOK EXCHANGE," New York.

SIR—We are glad you have at last had the manliness to send us a copy of your challenge, offering \$100 to Mr. Young or any person who discovers "even TWENTY important discrepancies between his Revised Edition and our own," *i. e.* \$5 each.

We have already, however, afforded you the means of discovering EIGHTY-EIGHT passages omitted in your edition; but you have not sent on the money, or even thanks, and therefore we decline revealing a *second* omission of 204!—a third of 49!—and a fourth of 46!

But this we will do. We will show to any three Clergymen in New York the Author's private copy, in which will be found every addition, correction, or alteration made (on the first edition) in our *second, third or fourth* editions, amounting to nearly two THOUSAND (and none of which, of course, are in yours), on condition that you pay to the AUTHOR the \$10,000, which you say he might have netted, and which, of course, you have.

We might suggest the Rev. Dr. HALL and Dr. SCHAFF of your city as suitable referees; but to save time and correspondence we hereby authorize Mr. I. K. FUNK (of Messrs. Funk & Co.) to make all necessary arrangements with you.

Should you fail, however, to accept this our proposal, the American public will be able to judge of the imperfect state of your Edition, with TWO THOUSAND UNCORRECTED ERRATA—which, moreover, you cannot by any possibility correct, even if you knew them, without casting aside your plates as useless, and getting new ones.

If 118,000 omissions were found in Cruden, it is in no way surprising that we have been able to discover two thousand in our first edition; but it is surprising and disgraceful that you should have reproduced the work without even making an attempt to correct or improve it.

We are, Sir, yours obediently,

G. A. YOUNG & CO.,

March, 1881.

18 NICOLSON STREET, EDINBURGH, SCOTLAND.

DR. ROBERT YOUNG'S APPEAL TO THE AMERICAN CHRISTIAN PUBLIC.

Christian Friends and Fellow Students of the Bible:

It is now nearly FORTY YEARS since I began the study of Hebrew and the cognate Oriental Languages unaided and alone, and during this period I have issued, at my own expense, upward of FIFTY TREATISES, more or less extensive, in Biblical and Oriental Literature. It will not surprise many of you when I state that *nine* out of every *ten* of those never paid their expenses, and that only the love of God's revealed will in the Holy Scriptures has induced me to persevere in my labors.

About four years ago I began to put to press the manuscript of an "ANALYTICAL CONCORDANCE TO THE BIBLE," in Hebrew, Greek and English—a thing hitherto unthought of and unattempted. As it contains 1,090 large quarto pages of three columns each, of 360,000 lines, with 70,000 Hebrew and Greek words or headings, it took me nearly *three*

years (from 6 A.M. to 10 P.M.), merely to carry it through the press. In short, it is the outcome of a forty-years life-labor.

It was published *at my own expense* in September, 1879, at what is reckoned a very moderate price, and I hoped to reap some fair share of profit to make up for the past. I tried to make some arrangement with an American publisher, and offered copies in quantities at ONE-THIRD of the published price; but, meanwhile, another American firm advertised a private edition *at the mere price of paper and press-work*, without even allowing anything for the expense of the plates, much less making an acknowledgment to the author of any kind whatever, no more than if he had no existence.

As this advertisement at such a price put a stop to any desire on the part of American publishers to purchase copies, the above firm was written to, and they replied "We do not care" for your authorization, and "We have no wish to buy it." They, however, generously added, "We shall be glad to buy copies *when we can buy cheaper than we can manufacture*"; and again, "We can readily afford to sell at the *simple cost* of manufacturing and handling, and then we shall consider it a splendid investment for us on account of *its influence in favor of our other business.*"

Having settled to their own satisfaction the price it would cost them *for paper and press-work*, they again generously offered *ten per cent* extra, if the sheets were folded and collated, packed carefully in boxes for export, and all transit expenses paid to New York!! You may judge of the profit to my publisher from such a proposal, and the profit to myself as author and proprietor.

Christian friends, I have no wish to enter on the question of an international copyright, for it is not the question of one publisher against another—but of an author who has spent years of labor and thousands of pounds on his work, and who was anxious to sell his work in America at the lowest possible price.

Christian brethren, may I not hope that you will all—singly and conjointly—lift up your voice and protest against this piracy and spoliation, and show to the Christian Churches in Great Britain that you hate "robbery for a burnt-offering"? I am your servant in the Gospel.

EDINBURGH, Scotland, Dec. 25, 1880.

ROBERT YOUNG, LL.D.

THE ONLY AUTHORIZED AND REVISED EDITION.

The Surprise of the Public at its Wonderful Merits.

Few books ever issued have called forth such unbounded praise as this great work of Dr. Young. His appeal to the American clergy and public against the wrong done him by the imperfect and unauthorized American reprint, is being responded to most warmly.

FROM JOHN HALL, D.D., NEW YORK.

"Dr. Robert Young's Analytical Concordance is worthy of the lifetime of labor he has spent upon it. I deeply regret that his natural and just expectation of some return from its sale on this side the ocean is not realized; and I hope the sense of justice to a most painstaking author will lead to the choice by many purchasers of the edition which Dr. Young approves—that of Messrs. I. K. FUNK & Co., with whom Dr. Young co-operates in bringing out here the best edition."

FROM CHARLES H. SPURGEON.

"Cruden's Concordance is child's play compared with this gigantic production, which is as learned and as useful as it is comprehensive. The work is costly, and yet it is cheap. The labor of a lifetime is here condensed into a quarto which can be bought for 36 shillings (\$9.00), or 42 shillings (\$10.50). Professors of universities and ministers of the Gospel unite their recommendations, and all sections of the church offer equally unqualified praise." [The above are the prices in England.]

[From the *Religious Herald*, Richmond, Va.]

"The familiar editions of 'Cruden's Concordance' are valuable mainly for enabling one to find a passage of Scripture, and to compare the many passages in which the same word occurs. But in this latter use it often leads the English reader into error, because, in our common version, the same word is used to render several different words of the original. For example, suppose one wishes to fix the force of the word 'master,' as found, say, in the injunction, 'Be not ye called masters,' Cruden gives him references to more than a hundred passages in which the word is found; but a comparison of these will confuse rather than aid, for the translators represented by this single English term five different Hebrew words, six pure Greek words, and one Hebraic-Greek word, and the particular word used in Matt. xxiii: 10, is found nowhere else in the Bible. In the volume before us, the several passages in which the word occurs are grouped under *Adon*=lord, *Baal*=owner, *despotes*=despot, *didaskalos*=teacher, etc., etc. For names of persons and places, the Analytical Concordance answers also the purposes of a Bible Dictionary. For example, under 'Mary,' we have the passages in which the name is found grouped under seven heads—the mother of Jesus, the Magdalene, the mother of James and Joseph, the wife of Cleophas, the sister of Lazarus, the mother of John, Mark and the Roman Saint (Rom. xvi: 6). So, to geographical names is attached some designation of locality, as established by the Pal. Exp. Society and other authorities.

[From the *Congregationalist*, Boston.]

"There can be no question of the vast merits of the work, of the fact that this edition is superior to any other, and that a serious injustice is done to the eminent author by purchasing any edition save that endorsed by him. Such a work is simply indispensable; none is worth using but the very best, and the edition of Messrs. Funk & Co. is that one."

[From the *Methodist*, New York.]

"It is a prodigy of patient and persistent learned labor. The book is a quarto of 1,090 pages, three

columns each, nearly four hundred lines to a page and each a complete reference. When it is recollected that each of these half a million references is the result of a special research and a kind of judicial determination, some faint idea of the amount of labor involved may be gained. In the future it will most certainly be known as the Concordance."

[From the *Illustrated Christian Weekly*, New York.]

"The plan, as will thus be seen, is an admirable one. The mechanical execution of the book is most excellent. The edition before us is the revised edition, to which Dr. Young has made many additions and corrections, and it is printed under his supervision in Edinburgh. . . . It is a book that ought to be in every household alongside of the Bible itself. . . . This is not the imperfect and unsightly American reprint, but is the 'revised and authorized edition.' . . . An American reprint of this great work is somewhat industriously advertised, but it is unauthorized, is without the corrections of the revised edition, and is printed on poor paper, with blurred typography that makes mischief, particularly with the Hebrew and Greek words. Our advice to our readers is to purchase the Messrs. Funk's edition."

[From the *Observer*, New York.]


"This vast and valuable work is already well known in this country. Its plan and execution have been the subject of remark in these columns. It contains every word in alphabetical order, with the Hebrew or Greek original, and the literal meaning and pronunciation. It is not only a Concordance of all the words, including proper names, but it is also a Bible Dictionary, with the latest biographical and geographical information. Such a compendium as this is adapted to the wants of students of every class, and will become a standard book of reference in the library of Bible readers."

[From *Christian at Work*, New York.]

"This concordance meets a want long felt, and is the best book of its kind published. It contains all the latest information on Biblical geography and antiquities. No Bible student or Sunday-school teacher can afford to be without it."

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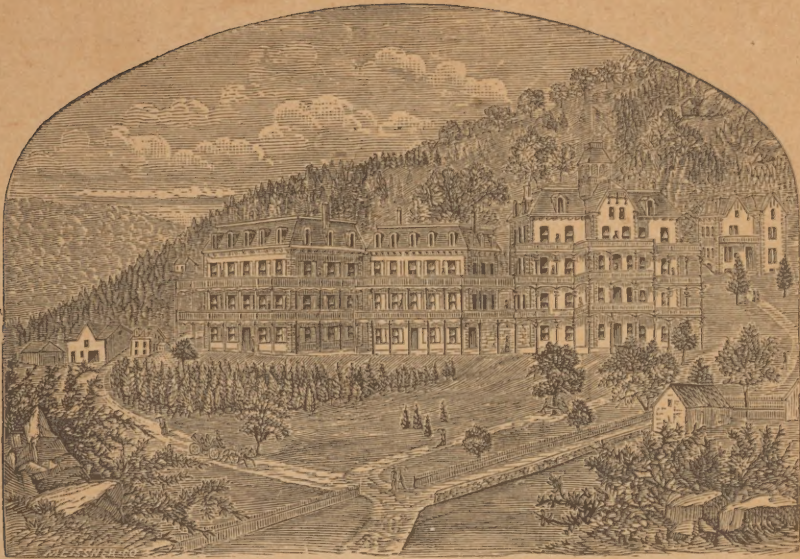
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